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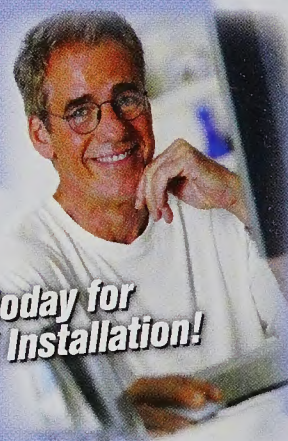
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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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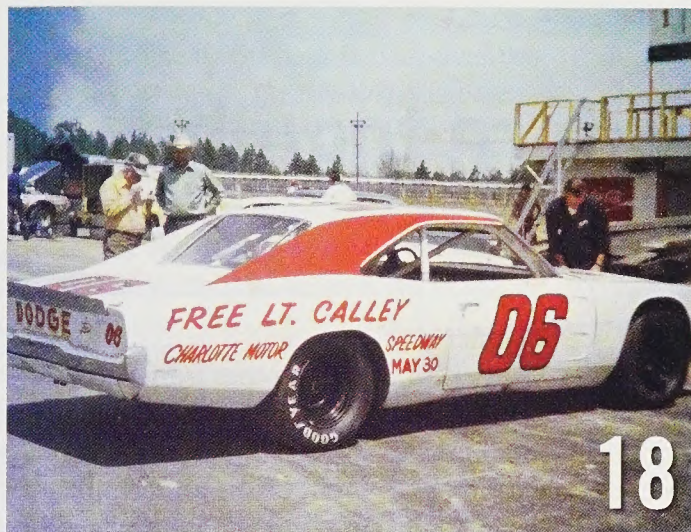
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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.



Silent Speedways

Tar Heel Speedway in Randleman is one of the "silent speedways" of the Carolinas revisited by Perry Allen Wood. This is Neil "Soapy" Castles making a political statement with his 1969 Dodge Charger at the Columbia Speedway in 1971.

12 Whatever Happened to Deregulation?

Ten years later, assessing the move to open the electricity market to competition.

17 Math & Gym?

A Bright Ideas grant helps Zebulon students learn math and stay fit.

22 One Time...at Summer Camp

Your stories of memorable days and nights at camp.

29 Dinner on the Grounds*

Church 50 years ago: Revival, Vacation Bible School and Dinner on the Grounds.

32 Cool Mobile Homes*

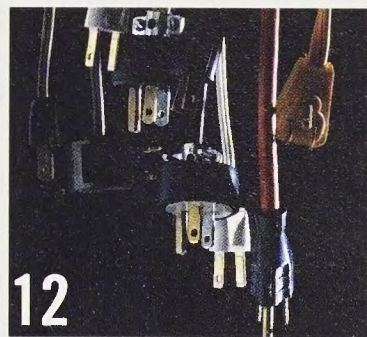
Ideas for keeping your manufactured home cool.

*not in all versions



On the Cover

Dick Brooks drove Mario Rossi's red and gold 1970 Charger 22 to a third-place finish behind Richard Petty and Benny Parsons at the 100-mile race at Columbia Speedway April 8, 1971. The photo by Perry Allen Wood is from his new book, "Silent Speedways of the Carolinas." See pages 18-21.



departments

First Person4	Joyner's Corner41
Facing the future together.	What's a power surge?
More Power to You8	Carolina Compass43
The price of new power plants...educated linemen...connecting a generator.	Adventures in Carteret County.
You're From Carolina Country34	Carolina Gardens46
If you dropped a dime in the "pickalo."	All about daylilies.
Carolina Country Store36	Energy Cents48
Well water resource.	An efficient kitchen.
Tar Heel Lessons38	Classified Ads49
Marketplace40, 42	Carolina Kitchen50
A showcase of goods and services.	Zucchini Patties, Vanilla Cream Fruit Tart, Double Blueberry Pie, Almond Chicken Salad.

Facing the future together

By James E. Mangum Jr.



Climate change. Power supply shortages. Phenomenal growth in energy demand across the globe. Skyrocketing energy costs.

We've all seen these headlines. Judging from our own personal costs for energy—for our automobile, home or business—we know that these headlines indicate significant changes in the way we use power. And not only are we experiencing major changes on a global and national level, they are happening right here in our own backyard.

Like other North Carolina electric cooperatives which once served rural areas, Wake Electric's service territory is growing at lightning speed. Long gone are the leisurely Saturday morning drives down Highway 1 between Henderson and Raleigh. Any commuter who lives in Wake Forest and areas north can attest to morning and afternoon traffic that is becoming as congested as the Research Triangle Park area. Even the most rural parts of Wake, Franklin, Durham, Granville, Franklin and Nash counties are seeing new housing subdivisions and businesses spring up almost overnight. Global Fortune 500 companies are relocating their headquarters to our region. Several regions of our state are nationally known as the best places to live in the United States.

But despite all the change, there is something that promises to remain the same: energy costs will continue to rise.

North Carolina's Touchstone Energy cooperatives want you to know that we are moving in new and different directions with energy to keep your costs as low as possible. And we want you to join us in making a difference.

Energy supply is a critical issue for all electric utilities, especially in North Carolina where energy needs in some areas are projected to quadruple over energy requirements of just 10 years ago. As we look to the future, cooperatives as a group statewide have already started to make long-term power supply investments and commitments to meet members' energy demand. As of 2007, we have arranged for our power supply needs for the next five years.

But despite all our planning, we also continuously ask what we can do to maintain our rates. The answer, unfortunately, is that there is no silver bullet. We are facing a national crisis that has taken many years to develop, and it is going to take some time for us to work our way out of it.

So how do we even begin to tackle this national problem? By analyzing our energy sources.

Nearly half, or 49 percent, of all energy used by Wake Electric members comes from nuclear, 41 percent from coal,

and 8 percent from natural gas. And the remaining 2 percent comes from renewables, primarily from hydropower from Kerr Lake. A mix of energy resources helps keep rates low.

Cooperatives also save you money by deploying state-of-the-art technology in meter reading, power use analysis, online bill payment, outage reporting and other areas.

Our success in the future may be measured not in kilowatt-hours sold but in kilowatt-hours saved. Members can help their cooperative by analyzing where you can avoid energy waste. Are you using compact fluorescent bulbs in your home or business? Are your windows caulked and sealed? Do you keep a close watch on the temperature settings of your air conditioner and hot water heater?


Addressing all of these seemingly small questions can add up to big savings on your electric bill. It's not a question of should you do your part to cut back on energy consumption. It is a fact that you *must* do your part if you want to save money and energy.

For the past several years, as America's dependence on foreign oil has become one of the top concerns of this country, Touchstone Energy cooperatives have supported the study of new ways to meet our increased needs for electricity and still keep costs down

for our members. We support the idea of producing power from local renewable sources such as wind, solar, geothermal, animal waste and landfill gas. We also are closely monitoring the state of the industry for the current major sources of energy—coal, gas and nuclear.

We encourage you to keep up with the recent news stories on alternative and renewable sources of fuel—you have probably heard of proposals to build new nuclear plants, of the growing trend in owning hybrid and electric cars, of major investments across the United States in wind turbines for wind energy. The list goes on and on.

From all of this continuous news, one thing is clear. All Americans want to see our nation ease out of the energy bind we are in at the moment and gain more control over our energy and economic future.

By working together as we always have, cooperatives and their members will find the answers we need. Together, we have the power to make a difference. 

Jim Mangum is CEO of Wake Electric Membership Corporation, the Touchstone Energy cooperative serving nearly 32,000 member accounts in parts of Granville, Vance, Wake, Durham, Johnston, Nash and Franklin counties. He also chairs the cooperatives' statewide Competitive Issues Committee.

Our success in the future may be measured not in kilowatt-hours sold but in kilowatt-hours saved.

North Carolina home inspections

Thanks for the article alerting consumers of how important it is to obtain a home inspection by a professional home inspector before making such a substantial purchase. ["What to expect from a home inspection," May 2007.] As your article pointed out, new homes should also be inspected from a professional viewpoint. Most of our professional builders see this as a step that helps them provide a product that their client has confidence in. Most new homes built by professional builders, with a home inspector following the process, are excellent products and give many years of satisfactory service.

I did find a few areas in the article that were not correct for North Carolina. In North Carolina, all inspectors who do home inspections for a fee must be licensed. The license process is governed by the North Carolina Home Inspector Licensure Board. The first licenses were issued in October

1996. The board has an extensive Web site—www.ncdoi.com/OSFM/Engineering/HILB/NCHILB.asp—that provides information on the board and a directory of licensed home inspectors.

The article implies that a home inspector should be certified in building codes. This is not a requirement in North Carolina. Part of the reason for not requiring this certification is the way codes are utilized, along with the inspector's responsibility to provide accurate information to the client.

A large number of code items are no longer visible at the time of the inspection. While most of North Carolina inspectors are familiar with the codes, they do not attempt to get certified in them. Many take the same courses that code inspectors take, but do not follow through with the certification process. Home inspectors in North Carolina must have 12 hours of continuing education each year to maintain their license. The subject matter in four of

these hours is mandated by the board. The other eight hours cover many subjects, but must be approved by the board before they are taught.

One of the most important suggestions in your article was for the person buying a home to be on site during the inspection. This provides inspectors a chance to explain items in more detail than they can in a report. It also gives the client an opportunity to ask questions.

Jim Liles, vice chair

North Carolina Home Inspection Licensure Board

Contact us

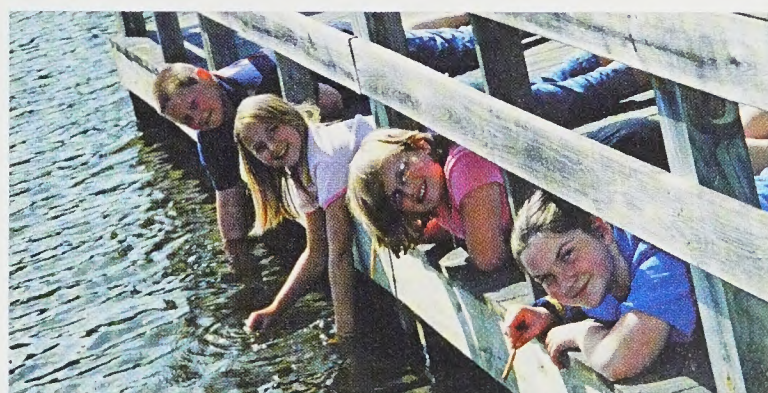
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Cooper at work

We have been members of South River EMC for 40 years. Our grandson, Cooper Autry, came to visit us last summer from Texas. He liked helping us on the farm. We hope to make him a true Tar Heel farmer some day.

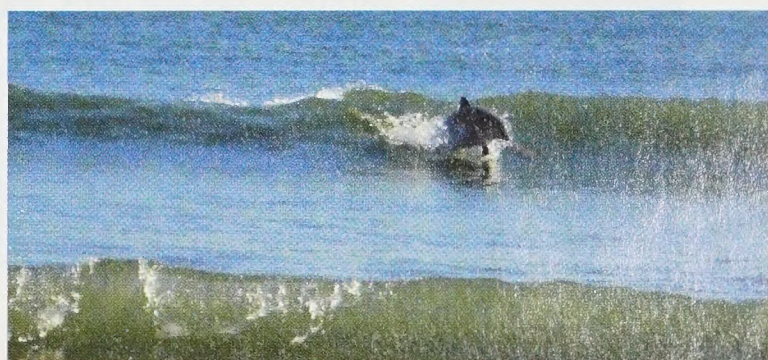
Barbara Currin / Spring Lake / South River EMC



Fishing for grandmother

On my 60th birthday last spring (also my twin sister's) our grandchildren attended an outing at our church. This is the pier where they tried "fishing." From left they are Cole Richardson, Kassie Kinney, Haley Dawkins and April Taylor.

Alice Richardson / Asheboro / Randolph EMC



We see dolphins and other wonderful sights every day on Emerald Isle. This one is surfing.

Susan R. Creed / Emerald Isle / Carteret-Craven Electric

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Fall under the Spell of Scarlett O'Hara

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Linemen get college credit for training course

Ten linemen associated with North Carolina's electric cooperatives this spring received the Electric Lineman Technology Certificate from Nash Community College. The certificate acknowledges that the linemen completed 17 college-level credits in technology courses. The program is offered by the North Carolina Association of Electric Cooperatives at the Nash CC campus and training field in Nash County. Courses include classroom and outdoor training in such skills as overhead line construction, underground line construction and the National Electrical Safety Code.

Awarded certificates in May were the following linemen:

Edward A. Bethel

Jackson, Roanoke Electric

Christopher L. Chavis

Aberdeen, Sandhills Utility Services

Michael A. Colletti

Lumber Bridge, Sandhills Utility Services

Michael S. Epps

Roanoke Rapids, Halifax EMC

Carl M. Haywood

Rockingham, Pee Dee EMC

Allen R. Huffman Jr.

Laurel Springs, Blue Ridge Electric

Lawrence H. Jasper Sr.

Hoffman, Sandhills Utility Services

Michael Jones

Ashe, Brunswick EMC

John E. Lassiter Jr.

Roanoke Rapids, Halifax EMC

Dustin B. Marsh

Marshville, Pee Dee EMC

These linemen join 51 other co-op linemen in the state who have completed these courses.

Linemen who complete 35 credits may receive the Nash CC Electric Lineman Technology diploma. Courses



Electric co-op linemen learn about overhead line construction at the Nash Community College training field.

at that level include DC/AC electricity, electrical power systems, computers, communications, energy management, first aid & CPR.

Three co-op linemen in recent years completed 65 college credits and earned an Associates Degree in Electric Linemen Technology. They took courses in writing, math, psychology, communications and other disciplines.

This year, the state's 27 cooperatives plus Sandhills Utility Services (formed by Central EMC, Lumbee River EMC, Pee Dee EMC, and South River EMC to serve Fort Bragg and Pope AFB) sent a combined 286 linemen to job training courses at Nash CC. Attending the community college program—which is supported entirely by the cooperatives—not only equips linemen with skills needed to advance in rank and pay level at their cooperatives, but it also equips them with abilities and confidence to pursue other tasks on the job and in their communities.

For more information about the college degree program, contact the North Carolina Association of Electric Cooperatives at (919) 875-3068.

Roanoke Electric's chief to serve on national board



Curtis Wynn, executive vice president and CEO of Roanoke Electric Cooperative, has been elected to represent North Carolina

as a member of the National Rural Electric Cooperative Association's (NRECA) board of directors. In this capacity, Wynn will serve as a liaison for the state's 27 electric cooperatives while helping to set policy for their national arm.

Wynn will be the first African-American to serve on the NRECA board of directors. In his 10 years as CEO of Roanoke EC, Wynn has made his mark throughout the industry as well as gained prominence in the areas of economic and community development. He has testified before the U.S. Senate Agriculture Committee for increasing economic development funds administered by cooperatives. He also has served as commissioner for North Carolina's e-NC authority, president of the North Carolina Electric Membership Corporation, and on the executive committee of the North Carolina Rural Center.

Touchstone Energy cooperatives support Hispanic education

North Carolina's Touchstone Energy cooperatives were a gold sponsor of the Hispanic Educational Summit hosted by the North Carolina Society of Hispanic Professionals at N.C. State University in March. It was one of the largest education conferences in the state for middle and high school Hispanic students.

The contribution supported an education outreach program that encourages 6th–12th grade Hispanic students to stay in school and achieve higher academic excellence.

WHERE IN CAROLINA COUNTRY IS THIS? →

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By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
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Raleigh, NC 27611

The winner, chosen at random and announced in our July issue, will receive \$25.

May winner:

The May photo shows a former schoolhouse in Willard, Pender County (Four County EMC territory). Velicia Everett told us that it stands on the site of the old Willard Elementary building and was last used as the cafeteria for the school. The old schoolhouse and elementary building now belong to the Willard Outreach Organization, Ms. Everett said, which is made up of the school's alumni and community members. Correct answers were numbered and the \$25 winner chosen at random was Annette Wilson of Willard.



May

Connecting a portable generator to household electric circuits

If an emergency exists during a power outage, you can use a portable generator to supply electricity to your appliances. But if used improperly generators can kill you and the people who are restoring power to your building. They also can damage the appliances you connect.

Connecting a generator to the main electrical supply for your house requires the services of a qualified, licensed electrician. Installing the connection and switch (as shown in illustration) can cost \$600 to \$1,000.

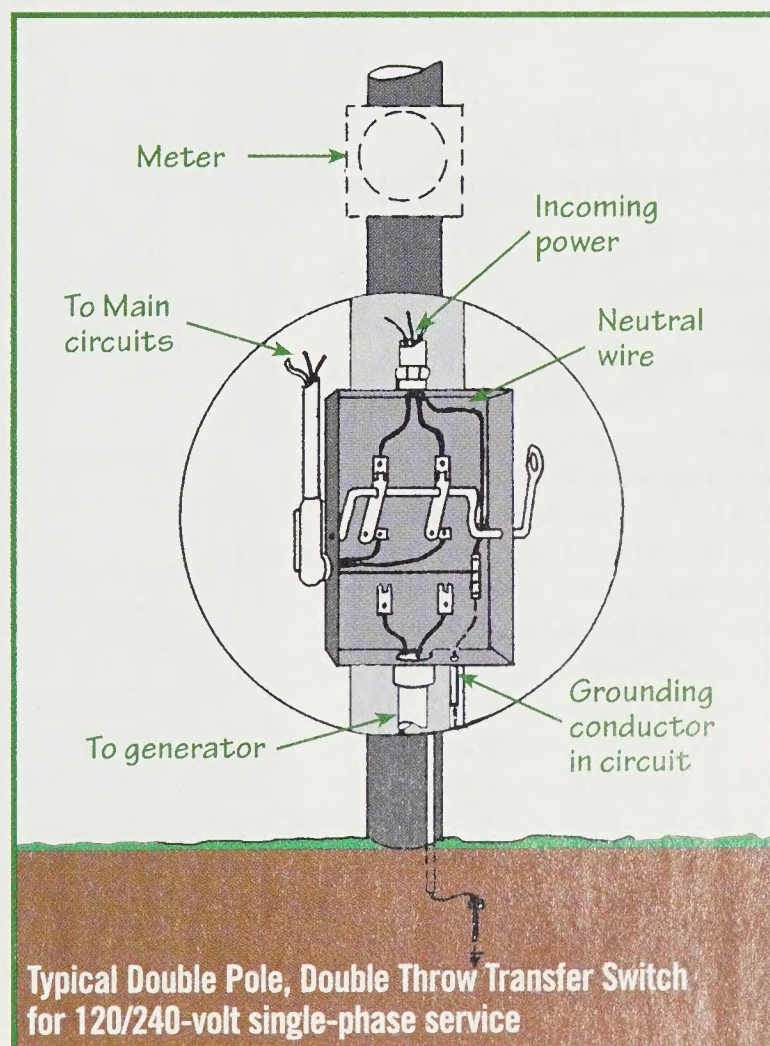
Before connecting the generator to your household circuit, notify your electric cooperative.

WARNING:

If you connect a portable electric generator to the main electrical supply coming into the house, the electrical generator could feed back into your electric cooperative's system and electrocute workers who are repairing the electrical lines.

To avoid back-feeding of electricity into utility systems, you must have a qualified, licensed electrician install a double-pole, double-throw transfer switch between the generator and utility power in compliance with all state and local electrical codes. (A minimum of 10-gauge wiring must be used.)

Your generator might not be large enough to handle the load of all the lights, appliances, TV, water pump, etc. at one time. To prevent dangerous overloading, calculate wattage requirements correctly.



Delbert Cranford joins national finance board



Delbert Marvin Cranford, a member of the Randolph EMC board of directors, has joined the board of directors of the National

Rural Utilities Cooperative Finance Corporation (CFC). Cranford was elected to serve a three-year term representing northeastern and Mid-Atlantic states.

CFC is a not-for-profit finance cooperative that serves the nation's rural utility systems, the majority of which are electric cooperatives and their subsidiaries. With approximately \$20 billion in assets, CFC provides its member-owners with an assured source of low-cost capital and state-of-the-art financial products and services.

Cranford is a director and former president of the North Carolina Association of Electric Cooperatives, and former president of Randolph EMC.

Town rejects \$72 million power plant

Town officials in Woodfin, near Asheville, this spring rejected a Progress Energy plan to build a \$72 million power plant within town limits.

Progress Energy hoped to build an oil-burning plant to generate about 103 megawatts of electricity for some 150,000 customers, only during periods of high power demand. Residents and town officials expressed concern about potential air quality problems. Progress Energy said the plant would burn a new type of low-sulfur diesel fuel and that emissions would be within air pollution guidelines. The "peak load" plant would operate about 10 percent of the time, only during high demand periods.

Progress Energy did not immediately say it would appeal the town's ruling.

Industry looks at options for future power generation

The electric power industry is in a quandary as to what type of future generation to build. The existing sources of electricity generation nationwide are a diverse mix of coal, gas, nuclear and hydro. In recent years, the industry switched largely to gas-fired power plants because they could be built in less time and with lower capital costs. Energy sources for new generation facilities currently under construction are evenly split between coal (50 percent) and gas (48 percent), with 2 percent coming from renewable energy sources such as hydropower and wind.

Today, the least expensive fuel source is coal, pulverized and with scrubbers. Coal-fired plants can be built in four years with very competitive capital costs. More important, at 5.4 cents per kilowatt-hour coal provides the least cost power (see table). An advanced technology for burning coal (known as Integrated Gasification Combined Cycle) has only a slightly higher cost to generate, at 5.6 cents per kwh. Gas is also competitive today, producing power at 5.6 cents per kwh with a much lower capital cost for plant construction.

But what about the next round of new generation needed to meet load growth and to replace older plants being retired? The new factor influencing the decision of what to build is "carbon sequestration"—capturing and storing carbon emissions. Potential state and federal legislation on global climate change will place new restrictions on power plant emissions, including carbon dioxide (CO₂).

Nuclear power plants emit no CO₂ and can generate electricity at an attractive 6.4 cents per kwh. On the negative side, the lead time for constructing a nuclear facility is at least six years, capital costs are extremely high, security issues and waste disposal remain in question and much work is needed to revive the nuclear construction industry, as no new nuclear reactors have been built in this country for more than 30 years.

Coal and gas can meet CO₂ restrictions through carbon sequestration. But because this technology is new and untried, much research and development is needed, along with proven demonstration plants. In addition, carbon sequestration technology is expected to add about two cents per kwh to the cost of generating with coal and gas—raising the cost to 7.4 cents per kwh for coal and 7.6 cents per kwh for gas. While coal supplies are abundant in the United States, natural gas production has been declining in this country, mandating foreign imports and exacerbating U.S. energy dependence.

Renewable energy sources would comply with CO₂ restrictions. New hydro-electric generation can generate electricity for 6.5 cents per kwh and wind can generate power for 6.8 cents per kwh—both highly competitive with other new generation sources. Most experts agree, however, that renewable energy cannot meet all of the U.S. energy demand predicted during the next several decades and therefore can be only a part of the solution.

New Generation Cost Comparison

type	cents per kwh
Coal (pulverized, with scrubbers)	5.4
Gas (combined cycle)	5.6
Coal Advanced (IGCC)	5.6
Nuclear	6.4
Hydro	6.5
Wind	6.8
Coal (IGCC with carbon capture)	7.4
Gas Turbine	8.7
Fuel Cell	17.7

Source: EIA 2007 Energy Outlook

—From "Solutions News Bulletin," a publication of the National Rural Utilities Cooperative Finance Corporation

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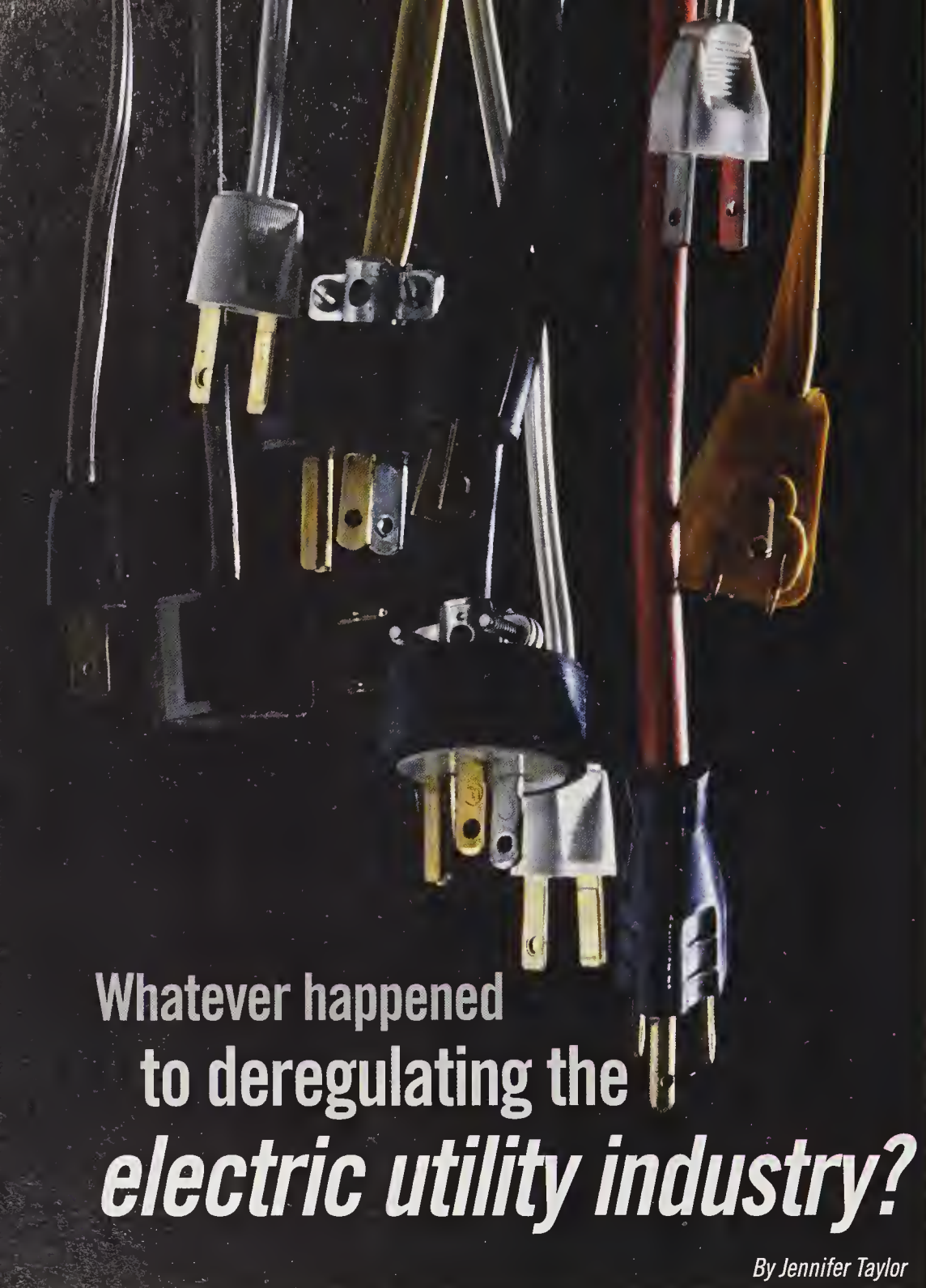
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PBZ7R



Whatever happened to deregulating the *electric utility industry?*

By Jennifer Taylor

10 years after the move to bring competition to the electricity business, all states that deregulated are feeling unwelcome ramifications, prompting some to reconsider the wisdom of retail restructuring altogether

Retail restructuring of the electric industry, commonly referred to as deregulation, has seen its share of ups and downs throughout the last decade. Beginning in the mid-1990s, industry leaders and legislators captured headlines as they debated whether or not to let retail electric consumers shop for power. Proponents promised competitive electric markets with lower rates, increased efficiency, new technologies and additional renewable resources. Opponents, though, questioned if effective competition would ever sur-

face and what would happen to rates, no longer subject to review by state utility regulatory commissions.

In 1996, the Federal Energy Regulatory Commission (FERC) accelerated the process by issuing Order 888, which required publicly held utilities to provide open transmission access to support competitive electricity markets. Within a few years, New Hampshire, Rhode Island, Pennsylvania, Arizona, Illinois, New Jersey, Texas, Montana, and most notably California, among others, had

enacted electric competition laws. Initially, some like Pennsylvania, experienced success with nearly 800,000 power company customers buying electricity from competitive electric generation suppliers. Others, like California, saw spectacular failures, suffering enormous price spikes and blackouts from a power grid drained dry.

Now, approximately 10 years later, all deregulated states are feeling unwelcome ramifications, prompting some to reconsider the wisdom of retail restructuring altogether.

Deregulation—An overview of the issue

Deregulation is the process of governments removing or reducing restrictions on private industries, such as the electric industry, to encourage competition, higher productivity, more efficiency and lower prices. Beginning in the 1970s, deregulation of the transportation, telecommunications, and natural gas industries illustrated that deregulation was feasible. Thus, supporters of restructuring felt they could do the same with the electricity market.

As envisioned, retail restructuring would give customers a choice of power suppliers. If a company could offer power for less, or offer better or more innovative services than what customers were receiving from their local utility, they would have the ability to change providers and buy electricity from the alternative source. In particular, customers would be able to purchase power from renewable energy sources, to help promote development of "green power." In any event, customers would still pay a monthly bill to their local utility to deliver the power over its system.

To establish competition, public utility commissions or legislatures in deregulated states capped electricity rates for a period of time (usually five to 12 years, including extensions). This way, regardless of the price of the power, costs to consumers taking service from their traditional supplier would not increase. The capped rates also helped set the local price for power that competitive suppliers needed to beat. So what happened?

Deregulation—today's concerns

Beginning in 2001, increases in wholesale power prices drove many retail suppliers out of business; they simply could not acquire power at a price that allowed them to beat capped rates charged by local utilities. Then, as rate caps expired in a number of states, utilities began passing on the real cost of power. Needless to say, electricity prices skyrocketed. One investor-owned utility in Delaware adopted a 59 percent increase in residential power rates; in Maryland, residential customers served by Baltimore Gas & Electric experienced a 72 percent increase. States with rates caps scheduled to expire in the next few years, such as Virginia, began reconsidering their restructuring initiatives and looking for ways to avoid steep rate increases. Virginia likely will be the first state to enact a form of "re-regulation" legislation. With residential customers shocked and angered over their electric bills, industry experts and legislators wonder what happened to the benefits promised by deregulation.

Simply stated, deregulated electricity prices result from the basic laws of supply and demand. The population across the country has continued to grow since deregulation was implemented. The growth in population increases the need for more electricity. The demand for electricity, however, has not been sufficiently met by increases in base-load generation capacity, driving up the cost to purchase power. To meet demand, new power plants have to be built, along with transmission and distribution systems to deliver the additional load. Although some new power plants have been constructed, it has not been enough to keep up with growth and create a competitive market for retail electricity.

Also, rate caps were set when fuel costs and demand for electricity were lower. Since then, fuel costs have increased substantially, especially for natural gas, which is used to generate approximately 18 percent of the country's power. Moreover, as wholesale markets have been restructured, natural gas has increasingly set the price for all power plants, including

less expensive coal and natural gas generators. The dramatic increase in natural gas prices, therefore, has had a much larger influence on wholesale, and conversely, retail power prices. With an ever-increasing need for more electricity, coupled with higher wholesale power costs, utilities in restructured environments have had to significantly increase rates because rate caps did not allow them to meet operational costs.

Additionally, it is not economically viable for competitive electric generation suppliers to sell to small businesses and residential customers in rural areas when they could compete for large, industrial customers. Based on an analysis by Kenneth Rose, a researcher and energy consultant for state utility commissions, retail access remains technically available in many jurisdictions. However, retail competition has yet to develop for smaller customers.

Overall, rate increases have been higher in deregulated states than in states that maintained regulated systems. Rose remarks, "The national result continues to question the ability of retail competition to provide lower prices for electric service than would have prevailed under traditional regulation of the industry."

Deregulation and electric cooperatives

Each state's restructuring legislation affected electric cooperatives differently. In some, co-ops were given the option to opt into or out of deregulation; in others, co-ops competed fully.

"Electric cooperatives do not need to fear deregulation," says Perry Stambaugh, editor of RE Magazine. Stambaugh worked for electric co-ops in Pennsylvania and New Jersey when those states implemented customer choice laws. "The co-op focus on doing what is best for consumers gives rural electric systems a leg up on potential competitors. In addition, the same reason power companies did not want to serve rural areas 70 years ago—because they couldn't make a profit supplying power to predominately residential consumers in sparsely populated areas—still exists for competitive suppliers today."

Jay Morrison, senior regulatory counsel for the National Rural Electric Cooperative Association, said, "In Pennsylvania, where electric cooperatives were the first utilities to open their doors to competition, no one showed."

Electric cooperatives work to ensure and protect the interests of their member-owners. Cooperatives are dedicated to providing safe, reliable electricity at the lowest possible cost. Electric cooperatives are concerned at state and national levels about the impacts of restructuring, but maintain their commitment to protect and advance the interests of their consumers.

Sources: National Rural Electric Cooperative Association, Federal Energy Regulatory Committee and the Energy Information Administration.

Jennifer Taylor is a consumer and cooperative affairs writer with the National Rural Electric Cooperative Association.

North Carolina & Electric Utility Restructuring

The North Carolina General Assembly in April 1997 formed the Study Commission on the Future of Electric Service in North Carolina to consider issues surrounding retail competition in the electric utility industry. The commission met several times and heard comments from industry and consumer groups. In April 2000, the panel recommended full competitive retail electric service in the state by 2006, with a phase-in beginning in 2005. Issues that remained unresolved—debt held by municipal power providers, consumer protection, environmental and alternative energy effects, taxes, transmission and distribution service—were to be addressed as the process unfolded.

As deregulation in California stumbled in 2000, North Carolina like other states put the process on hold. The state's municipal power providers, who had been proponents of retail competition, reversed their position and joined the call for caution.

To date, no legislation has been introduced to implement the recommendations of the commission, but policymakers and industry officials have addressed related issues that arose during the study.



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"O" Mark of the
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Secret Confederate Treasure Discovered in Lost Civil War Shipwreck!

On January 26, 1861 the State of Louisiana seceded from the United States. Days later Rebel forces took control of the U.S. Mint in New Orleans, seizing a fortune in gold and silver bullion. Soon it became an official mint of the Confederate States of America.

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An Extraordinary Opportunity — If You Act Now. Authentic artifacts of the Civil War are highly coveted today. Many are locked away in museums such as the Smithsonian or are beyond the reach of all but the wealthiest. An original Confederate Army coat has sold for \$70,000. A CSA flag brought a record \$956,000. A Civil War canteen brings \$5,500. Today, due to this history-making discovery,

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Bright Ideas

help middle school students learn math and stay healthy

Text and photo by Ashley-Harrington Andrews

The adage “your body is a temple” motivates Barnanne Creech when she teaches her students at Zebulon Middle School to take care of their bodies. She believes that if our bodies are physically healthy, we can live productive, fulfilling lives mentally and emotionally.

Since 2000 Creech has taught physical education and health at Zebulon Middle School to more than 300 students. In addition to learning about the life-long benefits of exercise, her students try to maintain a healthy weight and eat a balanced diet.

Creech blends what students learn in other classes into her physical education class. “Anything I can do to improve reading, writing, and math skills in physical education is what we need, because that’s how students get better,” she says, “You’ve got to be able to use those skills everywhere in order to be successful in life.”

Wake Electric Membership Corporation recently helped Creech raise awareness about physical health by awarding her a Bright Ideas grant for “ $2X2=PE4ME$,” a project that links physical education and math. Students spread floor mats that are numbered 1 to 9. In the warm-up and cool-down sessions, Creech calls out math problems, and her students step on the mat’s corresponding answers. A DVD also features an aerobics instructor calling out number sequences for the students to move to.

Wake EMC has awarded Barnanne Creech Bright Ideas grants in the past for her innovative projects. One involved using heart-rate monitors to show students that the heart is a muscle that becomes stronger with physical activity. The students monitored their heart rate after completing different activities, and then calculated the difference between the activities to determine which activity was more intensive. Another project involved “cup-stacking,” a popular activity requiring stacking drinking cups into intricate patterns alternating between left and right hands. The idea was to strengthen connections between the right and left side of the brain.

After the Sept. 11, 2001 tragedy, she taught her students

life-saving skills and cardiopulmonary resuscitation (CPR). Some of her middle school CPR students are now working as summer lifeguards. “It’s great to see all of the dots connecting,” she says.

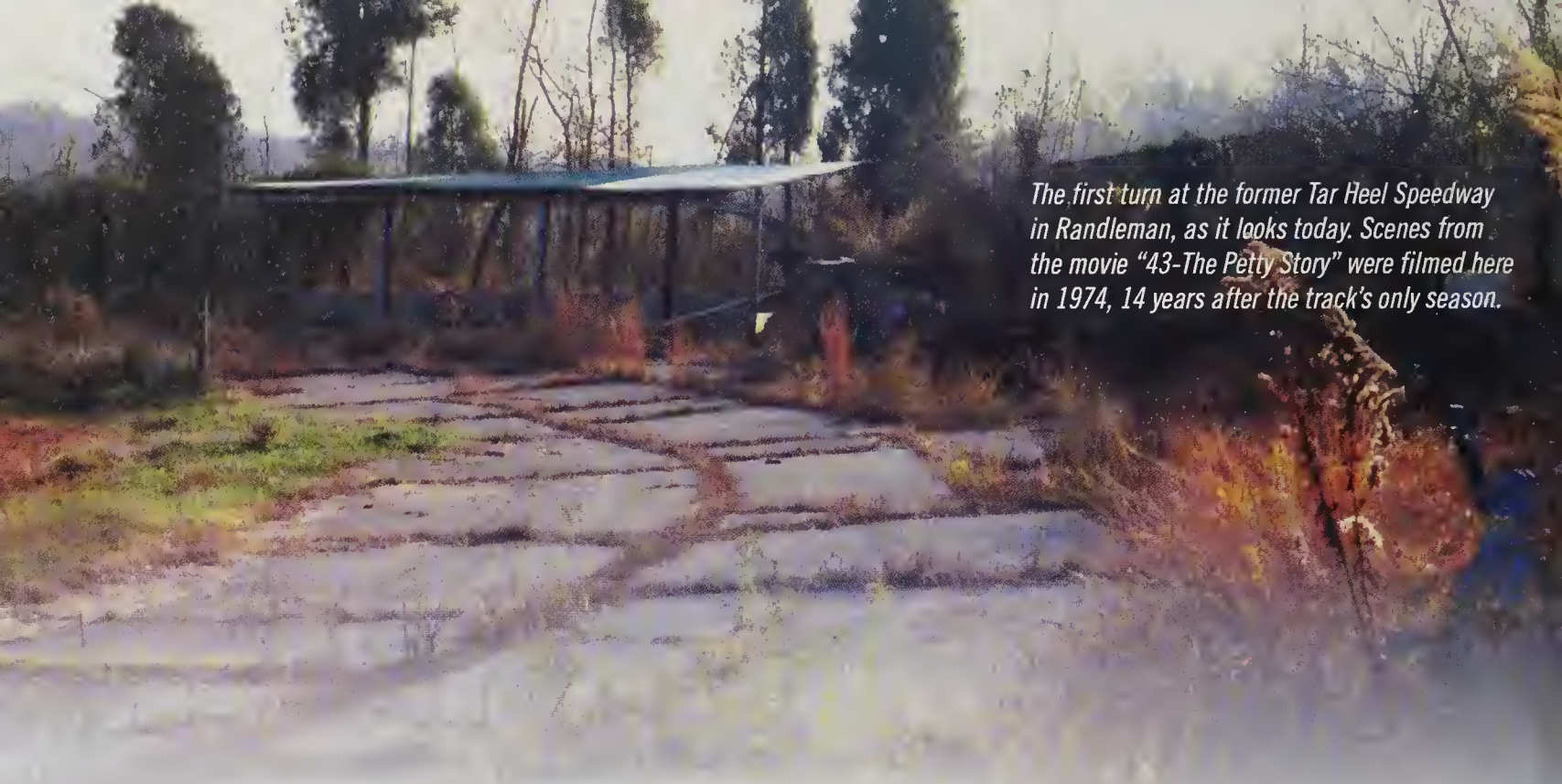
Creech is working on assessing how effective her physical education classes are with a “Polar TriFit” machine. Beginning with sixth graders, she monitors each student’s weight, height, body mass index, blood pressure and cholesterol. As the students progress to seventh and eighth grades, she will track their measurements to help determine the strengths and weaknesses of her physical education classes.

It’s no surprise that Barnanne Creech has combined her passion for physical fitness education with teaching. Her mother taught at Zebulon Elementary School for more than 30 years, and her grandmother taught middle school in Corinth, N.C. “Teaching is definitely in our blood,” she says.

The Bright Ideas grant program, sponsored by North Carolina’s electric cooperatives, strives to improve education in North Carolina classrooms by awarding grants to teachers for innovative, classroom-based projects in grades K–12 that would not otherwise be funded. Since it began in 1994, the Bright Ideas program has awarded more than \$4.5 million in grant money to teachers across the state. More than 4,000 projects have been sponsored and used to enhance the education of approximately 800,000 students.

Bright Ideas grants are available in all subjects to North Carolina teachers in grades K–12. Grants are awarded each school year and fund up to \$2,000. Teachers are limited to one grant proposal per year and are eligible even if they have received a grant the year before. Online applications are available at www.ncbrightideas.com.

Teachers who submit applications by the end of August, approximately a month before the September deadline, have a chance of winning a digital camera. For more information on Bright Ideas contact your electric cooperative or Tonya Howard at (800) 662-8835, extension 3081 or tonya.howard@ncemcs.com.



The first turn at the former Tar Heel Speedway in Randleman, as it looks today. Scenes from the movie "43-The Petty Story" were filmed here in 1974, 14 years after the track's only season.

Silent Speedways of the Carolinas

Text and photos by Perry Allen Wood

The silent speedways of the Carolinas. All 29 of them. They did not deserve to die, but neither did my dad or your Aunt Agnes or Fireball Roberts. Their time just came and they passed into memory. When the big corporate dollars came in, first as a trickle and then as a flood, it was inevitable. Some of these tracks had little chance to survive and are lucky to have held a Grand National race at all. There are seven one-shot wonders that for a single fleeting day, or night, were the seeds of the mega-sport we know today. The top drivers knew about these races and showed up. Newspapers reported them and the spotlight shone briefly on Harnett Speedway in Spring Lake, N.C. (1953), Newberry Speedway in S.C. (1957), McCormick Field in Asheville, N.C. (1958), Salisbury Super Speedway in N.C. (1958), Spindle Center Fairgrounds in Gastonia, N.C. (1958), Hartsville Speedway in S.C. (1961) and Starlite Speedway in Monroe, N.C. (1966). All have a story to tell, but not all left a trace to see.

For some folks, like me, the former tracks just cannot be forgotten. Not yet. Not while a bony hand still reaches out of a dilapidated ticket booth to take your two-dollar admission at Harris. Not while you can still see the faint outline of the track where Bob Flock out-distanced Gober Sosebee at Occoneechee in the third Strictly Stock Car race ever held. Not while the guardrail in Columbia, part wood and part steel,

still dares Buck Baker to push Lee Petty into it one more time. Not while the grandstands that once held thousands of screaming spectators are still protesting the roots of pine trees that are so big they must have started growing the day after the last fanny left. Not while bullet-riddled light fixtures still stare blindly down pretending to illuminate Herb Thomas in Victory Lane 50-plus years ago. Not while museums still house the actual Hudson Hornets, Olds 88s, Ford Fastbacks, and the uniforms of their brave chauffeurs. Not while one can remember how it was when stock car racing was a child. A wild child!

These are places of unimaginable extremes in emotion, from the sheer excitement of the spectators, the exaltation of the victors, the hilarity of the improbable, the amazement of the unbelievable, to the anger of the cheated and wrecked, the despair of the losers and the injured, and the grief of the friends and family who had their loved ones leave beneath a white sheet. The tales here were perhaps witnessed by you or your neighbors. Cherish the faint, fading arenas where Byron, Rexford, the Flocks, Roberts, the Bakers, Turner, the Pettys, Pearson, the Thomases, Isaac, Paschal, Jarrett, White, Smith, Johnson, Figaro and other great, fading names raced and bled and died.. I will not forget them, and I do not want history to, either.

The Tar Heel Speedway

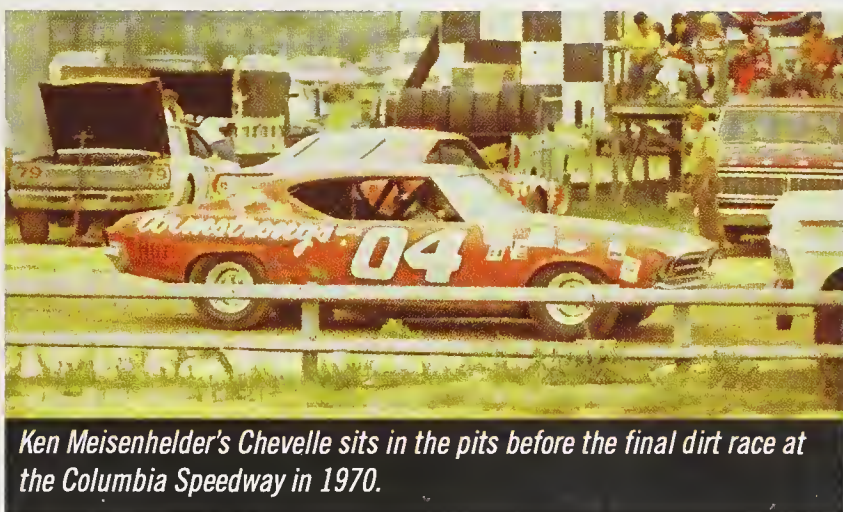
Randleman, N.C.

It is north of Randleman on Route 220 about four miles past Branson Mill Road where the Petty compound is located and then east on Davis Mill Road. At the sharp left-hander, go straight onto a gravel road and past a sign that reads "Frank Millikan 6223." Beyond Frank Millikan's house is a facility that has not heard the roar of Grand National engines in over 40 years. The rough asphalt of the entrance sprouts weeds from every seam and cracks like the speedway itself. Atop the wall on the homestretch a fence protects nobody as the stands are gone without a trace. It is magnificent in its rundown state, a perfect example of the Silent Speedways of the Carolinas.

A silent sentry stands towering in the brilliant azure sky with a menacing countenance that glares madly through wild shocks of dirty black hair from a pair of clear eyes sunken back into their white sockets. Its tentacles dare victims to come closer at the risk of permanent entanglement. Actually, it is a vine-covered light pole. The pit entrance is a sharp left-hander off Turn Four and is a small oval within the racing oval. A concrete wall runs from the crossover at the end of Turn Four all the way around to the middle of the backstretch. The track is littered with old farm implements, a dead truck and the skeletal remains of some sort of game bird in quiet repose on a tire. The spectator gate in the grandstand fence is at the start/finish line, bound shut by years of vine growth, a portal opening only for those misty night visitors. There is slight banking in the first turn conducive to hard beating and banging, with a hay shed squarely in the groove. The concrete wall is in the side of a hill of fertile Guilford County. The hay shed and another structure at the head of the weed-choked backstretch

bracket Turn Two. Farm implements are scattered down the backstretch, and after another infield crossover the retaining wall changes to wood.

At its newly built best, it is doubtful a fence could hold a roaring Grand National stocker thundering along at nearly 100 miles an hour. Into Turn Three, sections of angled metal drape over the wooden railing that might



Ken Meisenhelder's Chevelle sits in the pits before the final dirt race at the Columbia Speedway in 1970.

slow a racecar down a little. If not, vaulting or plowing through means a steep drop of 20 or 30 feet to lush pasture, livestock and a sure ambulance ride. The weeds have almost won the war against the asphalt on this end. Sweeping off Turn Four, back past the silent sentry on the homestretch, and your tour of the quarter-mile at Frank's house is complete.

There were some scenes filmed here in that great 1974 Hollywood epic "43—The Petty Story," which starred The King as The King and recently departed Darren McGavin as Lee Petty. It is a fact that three times during the 1963 Grand National season, it hosted 200-lap battles that counted as much as the Daytona 500 in the points race. Here then are the stories of The Tar Heel Trilogy.

November 22, 1962

It was November 22, 1962, and there was good news as President Kennedy announced Cuba's missile bases had been dismantled and the naval blockade lifted. Richard Nixon said that we would not have him to kick

around anymore, and four mop tops in Liverpool sat down together for the first time to record. A couple of miles as the crow flies north of Petty Engineering, The Turkey Day 200 roosted on the tight little quarter-mile asphalt oval. Of course there was a catch: a Petty Mayflower gets to win the race. But which one of the trio would it be?

Nearly 4,000 fans stuffed their way in and delayed their Thanksgiving feasts braving the frigid air under overcast skies to watch a plump field of two dozen drivers dish it out for 200 laps, 50 miles, for \$575 in prize money. That is not much bread at any rate. Glen Wood, running one of his last races, took the 12th of his 14 career

poles sharing the front row with Jim "The Illustrated Man" Paschal in a '62 Petty Plymouth. Other souped-up stars on hand driving Spartanburg Iron Indians were defending champion Joe Weatherly in Bud Moore's 8 and David Gene "The Silver Fox" Pearson in Cotton Owen's 6. Also at the table were Ned Jarrett in the Burton-Robinson '62 Chevy 11, Tommy Irwin in a '62 Ford 44, and another pair of '62 Mayflowers for the Petty Boys, Richard and Maurice. When the green napkin waved, the flock flew off and Wood gobbled up the laps as the competition wilted. Jarrett was excused first after six laps with handling trouble finishing 24th and last while Larry Thomas failed to finish the first course with a bum transmission nabbing 23rd. Charlotte's John Hoffman completed a 51-lap career for 22nd and G.C. Spencer retired Floyd Powell's '62 Chevy 18th. Then on lap 173 with a chokehold on the lead, Wood had a flat and chose not to ask for seconds, ending his day in 15th. By the time he would have received new rubber, he would have been too far behind. That



Richard Petty's Plymouth 43 was the pole-sitter at the Aug. 6, 1970, race at Columbia Speedway in South Carolina. Behind it, a brown-shirted Pete Hamilton (Daytona 500 winner that year) talks with Bobby Isaac, who won this race.

moved Petty Plymouth pilot Paschal to the head of the table just before his boss' tranny cooked and Richard settled for 11th. Paschal led the final 27 bites and rolled on the gravy train to victory by basting the competition by two laps. There was no beef as the leftovers went to Weatherly who took seconds, Tommy Irwin thirds, Pearson fourths, and Maurice a rare fifth.

Others getting their just desserts were Curtis "Crawfish Etouffe" Crider sixth while Bluff City, Tennessee's Sherman Utsman salted away a four-year, 21-race career with seventh after running the first three races at Birmingham, Tampa, and here. Jimmy Pardue was eighth and Sgt. George Green peppered an eight-year career of 116 starts, following the same path to retirement as Utsman, entering the first three events and parking after a ninth here. Tenth was Wendell Scott, and Arlington, Virginia's Jack "Venison" Deniston polished off a two-race career 12th, and Ray Hughes ran the last of seven over two years going home to Asheboro 13th. Columbia's Sonny Fogle launched an eight-race career 17th and Herman "The Turtle Soup" Beam disappointed no one by feathering it around the inside in his '60 Ford for 21st, the last car running only 89 laps behind. The whole blessed affair took 63 minutes. Everybody must have been in a hurry to get home and feast. And for Jim Paschal...well done!

May 5, 1963

The planet was mostly happy around May 1963. Except for a race riot in Birmingham, "Puff the Magic Dragon" was high on the charts, Koufax was fanning 'em and Mantle was launching 'em. Speaking of launches, Telstar II went up, as did Gordo Cooper, the last man to go into space alone ending the Mercury program. "The Dick Van Dyke Show" won an Emmy and

Bruno Sammartino became wrestling champion. On the fifth, Race 22 of the '63 campaign was held at Tar Heel and Richard Petty, being the clever guy that he is, swapped cars with Paschal for this one, not to be fooled twice in his own sandbox. There were only 15 entries and the top two were the same as before. It was déjà vu all over again as Jim Paschal decided to lay back and watch Jarrett pace the field for the opening 130 laps until he had a flat ala Glen Wood in the Turkey Day 200 six months earlier. Paschal inherited the lead according to plan as Ned lost a mile getting fresh rubber. High Point's Paschal cruised away taking 43 to his second win in a row at Tar Heel and sixth straight on the season for a Petty Plymouth. Weatherly was second again, this time in Cliff Stewart's Pontiac 2, because Bud often declined to go to the lesser events. Therefore, for only \$570 to win, Weatherly's main ride stayed parked. However, as the defending champion, Joe got \$675 for second, \$105 more than Paschal. Jarrett improved on his last place last time with third this trip. Jimmy Pardue was fourth, Larry Thomas fifth, Spencer seventh, Wendell eighth, Jimmy Massey ninth driving for old-timer Hubert Westmoreland, and Crawfish 10th. Joe Jones ended a three-year, 12-race career with 11th, Herman Beam did much better this time 12th, and Richard's brilliant car switch backfired as he finished the last man running 13th, 29 laps behind after a fuel pump was replaced. Buck Baker brought his two red 1962 Chryslers copping next-to-last and last for himself and Henry Neil "Soapy" Castles, the only guys who did not beat Richard. As for Paschal's strat-

egy in winning the two races at Tar Heel Speedway is concerned, he took advice in Little Peggy March's number one hit "I Will Follow Him" by running second until the leaders' tires failed allowing him to take both victories. Four grand watched the 62-minute sprint.

October 5, 1963

They saved the best race at Tar Heel for the third and last appearance for 1963 and history. October 5th will be best remembered as the Saturday the Dodgers completed their sweep of the Yankees in the 60th World Series. However, 19 teams showed up in Randleman and a two-man war broke out. The field was star-studded as Fearless Fred Lorenzen parked his pearl-colored Galaxie 28 on the

Track History by the Numbers

RACES:	3 (all in the 1963 season)
YEARS OF RACES:	1962, 1963 (2)
WINNERS:	Jim Paschal (2), Richard Petty
MOST POLES:	1 (Glen Wood, Ned Jarrett, Fred Lorenzen)
RACE RECORD:	48.605 mph (Jim Paschal, 1962 Plymouth, May 5, 1963)
QUALIFYING RECORD:	51.933 mph (Glen Wood, 1962 Ford, Nov. 22, 1962)
WINS BY MAKE:	Plymouth (3)
MOST STARTS:	3 (Crider, Jarrett, Pardue, Paschal, R. Petty, Scott, L. Thomas, Weatherly)
MOST LAPS LED:	173 (Glen Wood)
MOST TOP FIVES:	3 (Joe Weatherly)
BEST AVERAGE START:	3rd (Ned Jarrett, Richard Petty)
BEST AVERAGE FINISH:	2nd (Joe Weatherly)

pole with archrival and hometown favorite Richard Petty to his right. Weatherly had Bud's Mercury third beside Jarrett's Bondy Long Ford in row two with Pearson's Dodge 5 and Bob Welborn's Petty Plymouth 42 behind them. Sprinkled on back were race winners Paschal seventh, Darel Dieringer ninth, Pardue 11th, Scott 12th, Buck 14th, and Daytona 500 champ Tiny "The Big Fisherman" Lund 18th. A line-up worthy of a bigger venue and \$550 first prize rumbled under green for 200 laps on a cool fall afternoon. Lorenzen scooted away to a solid lead as fighting broke out just behind. Jarrett and Pearson went into the first turn on the first lap and the inside lane moved up. David got inside Ned and applied the chrome horn. In 1963, cars really had chrome. So David put Ned in the concrete and it took Jarrett's crew several laps to get his Ford race-worthy. This is also the 51st race of a 55-event season, and chances are nerves and patience were in short supply all through the field. It took about 90 laps or so, then Gentleman Ned was a gentle man no more. He drew a bead on The Fox (he was not "Silver" yet) and returned the favor in spades. On lap 107, Pearson was neutralized as he chased the fleet Freddy,

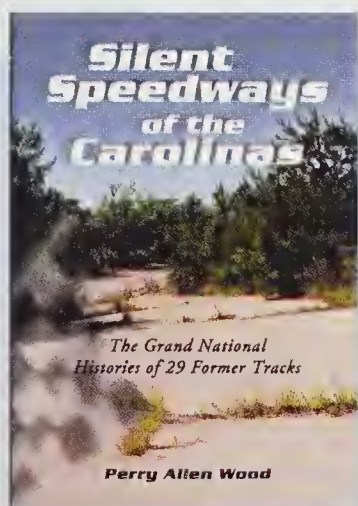
and Cotton's demolished Dodge was done for 14th. A war of words ensued afterwards, but it was no big deal. "Gentleman" Ned was a misnomer anyway as the drivers and some fans knew what the press did not write. Lund dropped out for 17th and two-time Tar Heel winner Paschal, now driving for Cliff Stewart, had tranny trouble for 16th. Finally giving his family and friends something to shout about, Petty slammed past Lorenzen on lap 160 and beat—you guessed it—Weatherly to the checkers by just a few ticks. Welborn was third, Dieringer fourth, and Lorenzen fifth, although he lost the rear end and parked with six to go. Baker finished sixth, Massey seventh, a battered-but-game Jarrett ninth, and youngster J. D. McDuffie tenth. Others were Pardue 12th, Scott 13th, Crawfish 15th, Thomas 18th, and Roy "The Wild Injun" Tyner 19th and last. Lorenzen made a rarer-than-rare very short track appearance during that historic season when he became the first Grand National driver to win over \$100,000. Of course, the \$275 he won here really

did not help much. Fred's rear end ills and Petty's "It's my yard!" rule finally took over, and Richard won a race there. Petty Engineering won all three, but Freddy must have lost a bet to have even raced there in the first place.

Three races, 600 laps, 150 miles, and \$1,725 paid out to the winners. Tar Heel Speedway was all done in one season. But when darkness blankets the rolling hills and meadows north of Level Cross, that monster-like light standard comes to life beaming down so Weatherly, Scott, Pardue, Lund, Thomas, Dieringer, and old Buck can strap in and bang away. With the holiday race and the intimate crowds, it is the place to race after hours on Thanksgiving.



The author skipped class April 8, 1971, to watch practice at Columbia Speedway and meet The King Richard Petty.



Perry Allen Wood grew up in Spartanburg, S.C., and became a stock car racing fan at age 3½. Today he is a senior investigator for Wachovia. In the late 1990s he began researching the "dead" speedways of the Carolinas. It became a passion of his that produced a new book. "Silent Speedways of the Carolinas" not only describes these once-lively racetracks—all 29 of which held at least one Grand National event—but also recalls the races, the characters and the cheers of the times. These excerpts are from the book's preface and the chapter on the Tar Heel Speedway of Randleman in Randolph County, reprinted from "Silent Speedways of the Carolinas: The Grand National Histories of 29 Former Tracks," ©2007 Perry Allen Wood by permission of McFarland & Company, Inc., Box 611, Jefferson, NC 28640, www.mcfarlandpub.com. The book is 308 pages with 151 photos, a bibliography and index (\$35 in softcover).

ONE TIME...AT SUMMER CAMP

Memorable days and nights at summer camp



Lost at "Lost Colony"

When I was 12, my brothers and sister got together money they earned working in tobacco to send me to 4-H Camp in Manteo, N.C. I will never forget the ferry ride over even though I was raised on the White Oak River. I had never seen so much water.

First night there we went to see the "Lost Colony" pageant, and I was so tired I fell asleep during most of it. I spilled an orange drink on the boy sitting next to me. Over 40 years later I finally got to go back to see the pageant in full. It was on my list of things to do after I turned 50.

*Eugenia Rudd | Newport
Carteret-Craven EC*

Thanks for sending us stories of times at summer camp. See more on our Web site. Next month we'll publish your stories of buying and selling farm products in the old days. (Deadline was May 15.) For themes and rules of our "Nothing Could Be Finer" series, go to page 24.



A week with Aunt Polly & a rattler

My sister, Peg, and I both went to Girl Scout camp near our home for a week's stay with moms from our neighborhood. This was Peg's first year to stay away from home in the woods, and she was a little shaky.

Going to see "Aunt Polly" was one of the worst parts for all of us. "Aunt Polly" was the outhouse—full of wasps, snakes and quite a stinker. Peg was forced to visit "Aunt Polly" late one night, and while getting her PJs back on she bumped her special, brand-new Girl Scout flashlight, and it rolled into the hole. You could hear her for miles! She wasn't scared to come back in the dark. She was mad! The next morning, she was most insistent that one of the moms should get her flashlight back from "Aunt Polly." That didn't happen, of course. It was the same day I was demonstrating how to hold a baby timber rattler right behind the head when it turned its head and bit my finger. That was the end of the week for both of us, and I'm sure some of the moms were glad.

*Julia Book | Candler
Haywood EMC*

A church camp prank

As a youngster the highlight of my summers was going to Camp Grier in the North Carolina mountains at Old Fort. Why some of us did a foolish prank one summer I'll never know, but I will not forget it.

The cabins at our Presbyterian Church camp had boys bunks on one end of the building, girls bunks on the other end, and a huge meeting room in the center. Two adult staff members supervised each side of the building.

One night two boys from my church, a girlfriend and I planned to switch our counselors' clothes during the night. After everyone was asleep, we were to get together in the meeting room. However, the guys overslept. My girlfriend and I bravely tiptoed into their area and woke up one of the males. I was scared to death.

We did swap the supervisors' clothes. When our counselor went to get dressed the next morning, all she could find was a man's clothes. She was not a happy camper. Fortunately, no one solved the mystery of the misplaced clothes.

*Cathy Holsey | Chapel Hill
Piedmont EMC*

Warming up Aunt Cynthia

One summer my family decided to send all of the girls to GA camp (Girls in Action). I was one of the girls. My Aunt Cindy was a chaperone.



My Aunt Cynthia was 36 and I was 7. She says our trick on her did not work.

We had the best time playing tricks on each other. Certain things we had to do each day: wake up at 7 a.m. and have prayer with devotion, lunch at noon, house-group competitive activities at 3, and after dinner we played tag and tried to scare everybody.

The trick I loved the most was putting Aunt Cindy's hand in a bowl of warm water while she was sleeping. We were sure she would wet the bed, but she did not. (At least that's what she says.)

*Casi Joy Harper / Lillington
South River EMC*

When Walter was here

I attended camp one year as a counselor. I think I was around 14 at the time, so I was still a kid myself. One night, the other counselor and I told the girls a made-up story about a man named Walter who roamed the woods at night. After the girls left, I stayed behind and wrote in shaving cream, "Walter was here" on the wall.

The look on those girls' faces when they saw the writing on the wall was priceless! One girl got so scared she wanted to call home to have her parents pick her up. We had to tell them that the story was made up.

The story was so convincing that I even had trouble sleeping that night, and I was the one who made it up. I guess that was my payback for playing a joke on those poor little girls.

*Tammy Jones / Iron Station
Rutherford EMC*

Seeing double

I attended camp at Laurel Ridge in the late 70s for five summers in a row. During one of these week-long adventures I was in my cabin getting ready to go to lunch when some of my buddies saw me. They all had looks of astonishment on their faces.

"How are you *here*, Paula? We just saw you at the mess hall!"

I thought they were picking on me, but they were so insistent. We all hurried up the hill, and when I came around the corner I practically ran into a girl who was the spitting image of me. It was like looking into a mirror. It was so surreal and scary that we both burst into tears and ran in the opposite direction.



I am in the white tank top next to the female counselor, without my twin.

You hear that "everyone has a twin in the world," but I have actually seen mine.

We did not see each other again, even though our pals tried to get us in the same place at the same time throughout the rest of the week.

*Paula Griffin Stone / Pilot Mountain
Surry-Yadkin EMC*

The well-dressed 4-H camper

When I was a child, I always wanted to go to summer camp. With a family of seven, however, it was never possible.

When my son was 11, I found out about the 4-H camps around North Carolina, where we had just moved. We were both excited to learn that we could actually manage to send him to a one-week "technology camp."

I packed his shorts, t-shirts, socks, etc. per the recommendations in the material provided to campers. He had a clean outfit for each of the seven days that he would be there,

When I returned seven days later, I

was shocked to see that he had on the same clothes that I had dropped him off in. It was obvious that he had worn them the entire time. We rode all the way home with the car windows open.

He swore that he had changed clothes while at camp. He said, "I wore my bathing suit every time we went swimming!"

*Jeannette Haynes / Maiden
Rutherford EMC*

Golden Valley girls in peace paint

For almost 20 years I have been a Girl Scout leader, so I have many fun memories tucked away. But one particular summer I remember my assistant leader and I took our troop to Camp Golden Valley near Rutherfordton. Before we left we planned a special theme for our camping adventure, Native American Indians. We made plans to cook Indian dishes, to make Indian crafts, to play games that the Indian children would play and even to take on Indian names. So during our weekend we all answered to our assigned Indian names. There was Swift Doe, Soaring Eagle, Tiny Swan, and of course, Raging Hormones (the name suggested for me by my boss).

During the weekend we cooked lima bean and corn succotash in an iron skillet over the campfire. Many of the girls cried "yuck" until they tasted it, loved it and then wanted more until it was all gone. We also painted our faces with "peace paint" instead of war paint. Looking at the pictures brings back special memories of that camping trip, that summer and those girls.

*Gail Costner / Dallas
Rutherford EMC*



Here we are wearing our face masterpieces.

Learning to eat everything, almost

Every summer I used to go to Girl Scout camp in Tennessee. I loved hiking and canoeing and inner tubing—but I didn't love the dinner table policy: Campers had to eat at least three bites of everything served, even if you didn't like it. I was a picky eater, and that summer what I really didn't like was coleslaw. I hated everything about it—the taste, the texture, the smell. I would gag just thinking about it.

I begged my Scout leader not to force me to eat my three bites of coleslaw, but she wouldn't be swayed. I even told her, "I swear, if I eat it I'm going to be sick," but she just handed me a fork. I held my nose and put a lump of the slaw in my mouth, but sure enough, I got sick all over the dinner table, the floor and two of my poor tent mates. It was horrible, but at least nobody tried to make me eat coleslaw again.

*Rachel Pollock / Carrboro
Piedmont EMC*

Earn \$50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

August 2007 The Class Prank

What's the best one you ever heard?

Deadline: June 15

September 2007

My Favorite Fair Photo

From a North Carolina fair or festival. Tell us when and where. Deadline: July 15

October 2007

My Favorite Photo

North Carolina people and places. Digital photos must be high resolution. Deadline: August 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
Or by e-mail: finer@carolinacountry.com
Or through the Web: www.carolinacountry.com

At Kay Yow's basketball camp

Last summer I was lucky enough to receive an all-expense paid scholarship to attend Kay Yow Women's Basketball Camp at N.C. State University. As a huge State fan and a basketball enthusiast, I was more than excited to go. Not to mention the fact that Kay Yow is one of my biggest role models. For four days I got to stay in University Towers at N.C. State and learn more about basketball than ever before.



My friend Heather (at left) and I went to the Free Expression Tunnel at N.C. State when we were at the camp.

I met plenty of new friends and the whole N.C. State women's basketball team. I even had my picture taken with Kay Yow! I loved every second of the camp. I was so sad to leave, and I cried when it was time to go home. This was definitely the best camp I have ever attended and it's all thanks to EnergyUnited and Touchstone Energy. Thank you Touchstone Energy for the scholarship and the camp experience of a lifetime.

*Olivia Myers, 14 / Lexington
EnergyUnited*

The Blue Racer's lunch

When I was 12, I attended a summer camp in Michigan. It actually gets hot there in the summer so our uniform included shorts and knee-length socks.

One particularly hot day, my group went on a hike. As we were walking along, I heard a rustling in the leaves on the ground. Passing right in front of me was a three- to four-foot Blue Racer snake.

Blue Racers, native to Michigan and adjoining states, are appropriately named because of their color. Plus, they are among the fastest snakes around. I was going to catch him. He was slithering in a serpentine fashion. But he was no match for a persistent

12-year-old, and I won! Blue Racers can bite, but they are not poisonous, so I held him tightly behind his head between my thumb and forefinger. Now what?

When I held him up, I noticed he had a large lump about a foot from his tail. I didn't have a sack to carry him, so I got creative and removed one of my socks and put the lumpy snake in.

I couldn't wait to get back to camp to show off my catch. In front of a large crowd, I proceeded to shake my sock. Lo and behold out came the snake without the lump. I shook the sock some more and out plopped the lump—a large, green headless frog. YUCK!

*Roger King / Highlands
Haywood EMC*

You can't fool a mom

Mountaintop Youth Camp, situated high above Pinnacle, N.C., holds fond memories for me. Camp was jam-packed with activities, and counselors often had their hands full particularly during Teen Week.

One such week after evening devotions, my friend Sherry and several fellow campers put their heads together, snuck into the cabin's bathroom and stole the showering counselor's clothes and towel. Sherry proceeded to hand out Pop Rocks to throw at the dripping wet counselor as she exited the bathroom.

Soon we heard wails of, "Okay, where are my clothes?" Minutes passed before Counselor Nancy appeared, wrapped in a shower curtain. She was greeted by exploding Pop Rocks, enough to scare the socks or any remaining clothing off her. After an extended interrogation of the cabin, Nancy had no clue as to the perpetrators. "Lights Out" arrived, and smug campers were soon sleeping soundly as Nancy hatched a plot of her own. (Nancy was a mom to two teens herself.)

The following morning Nancy awoke to a chorus of screams coming from the bathroom. The campers had met their match. Vaseline-coated toilet seats had got 'em! 🐞

*Mary Kay Cox / Four Oaks
South River EMC*



According to the U.S. Environmental Protection Agency (EPA), Americans discard 125 million phones each year, creating 65,000 tons of waste.

What can you do with an old cell phone?

As cell phones proliferate they are giving computers and monitors some competition for the dubious distinction as the largest contributor to the world's growing e-waste problem. Toxin-laden electronics are clogging landfills and polluting air and groundwater supplies from coast to coast.

The average North American gets a new cell phone every 18 to 24 months, making old phones—many which contain hazardous materials like lead, mercury, cadmium, brominated flame retardants and arsenic—the fastest growing type of manufactured garbage in the nation. According to the U.S. Environmental Protection Agency (EPA), Americans discard 125 million phones each year, creating 65,000 tons of waste.

Luckily, a new breed of electronics recyclers is stepping in to help. Call2Recycle, a nonprofit organization, offers consumers and retailers in the U.S. and Canada simple ways to recycle old phones. Consumers can enter their Zip Code on the group's Web site and be directed to a drop box in their area. Most major electronics retailers, from Radio Shack to Office Depot, participate in the program and offer Call2Recycle drop-boxes in their stores. Call2Recycle recovers the phones and sells them back to manufacturers which either refurbish and resell them or recycle their parts for use in making new products.

The CollectiveGood organization takes used cell phones, refurbishes them and then re-sells them to distributors and carriers for use primarily in developing countries, providing affordable communications to poorer citizens while helping to "bridge the digital divide." They also recycle all non-functioning batteries through a partnership with the Rechargeable Battery Recycling Corporation. When you donate your phone to CollectiveGood you can direct the profits from the sales to a charity of your choice.

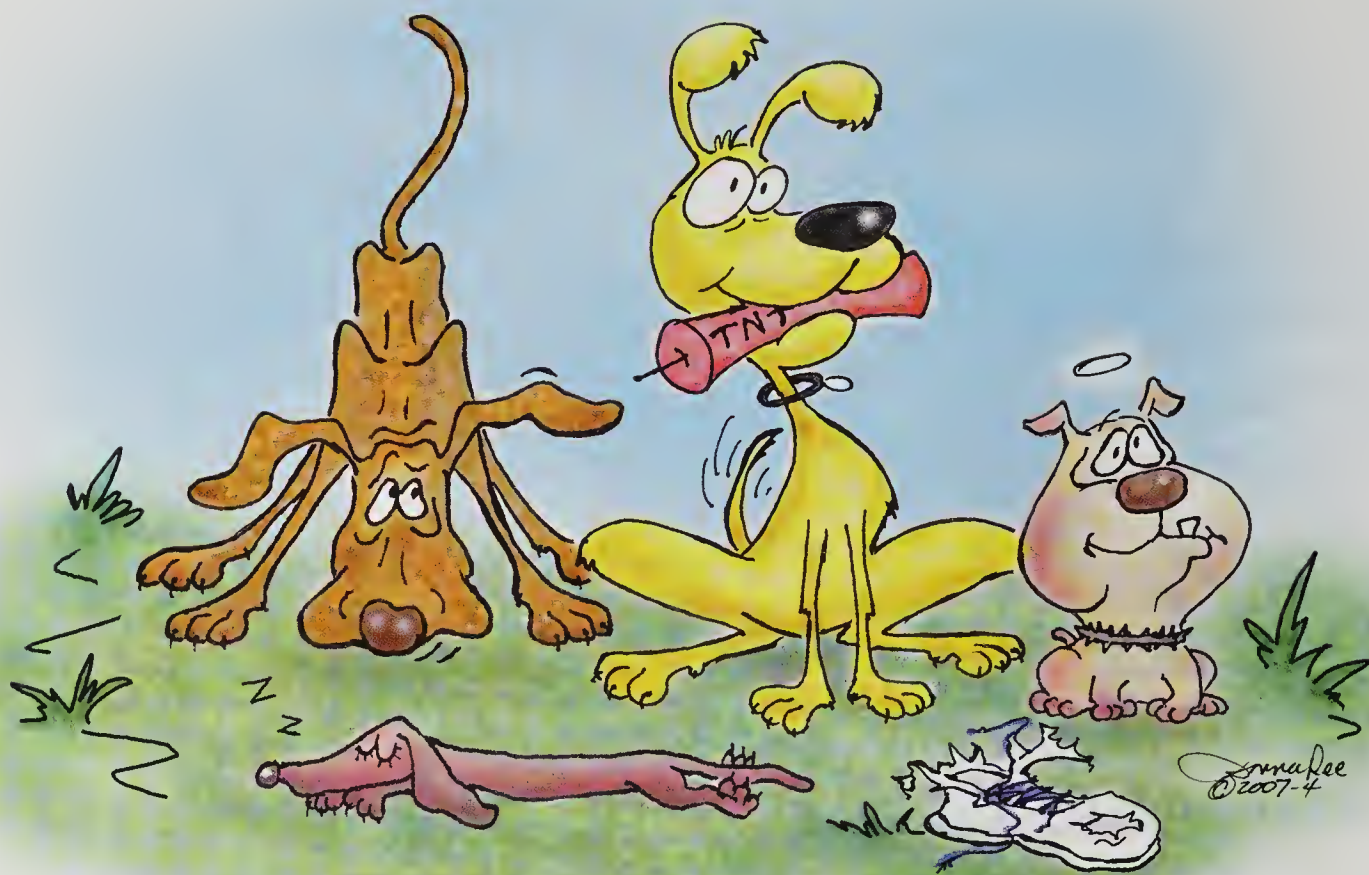
Another player is ReCellular, which manages the in-store collection programs for Bell Mobility, Sprint PCS, T-Mobile, Best Buy and Verizon. The company also maintains partnerships with Easter Seals, the March of Dimes, Goodwill Industries and other nonprofits that undertake cell phone collection drives as a way of funding their charitable work. According to ReCellular vice-president Mike Newman, the company is trying to change attitudes about used cell phones, to get consumers to "automatically think of recycling cell phones just like they currently do with paper, plastic or glass.

Neither the U.S. or Canada mandates electronics recycling of any kind at the federal level, but a few states and provinces are getting into the act at their own initiative. California recently passed the first cell phone recycling law in North America. Electronics retailers doing business there must have a cell phone recycling system in place in order to legally sell their products, whether online or in-store. Other U.S. states considering similar legislation include Illinois, Mississippi, New Jersey, New York, Vermont and Virginia, while the Canadian provinces of British Columbia, Alberta, Saskatchewan and New Brunswick are likely to jump on the mandatory cell phone recycling bandwagon soon.

To learn more: Call2Recycle, www.rbrc.org/call2recycle; CollectiveGood, www.collectivegood.com; ReCellular, wirelessrecycling.com.

Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.



Exploding Dog Myths

© By Jim Mize

Actually, this article is about exploding myths, not exploding dogs, so the squeamish can keep reading. It's just that a few old sayings linger on about dogs and their habits, and many of these are simply untrue. So let's take a look at a few of these, and you can rest assured we're not planning on blowing up your dog.

First, how many times have you heard someone say, "You can't teach an old dog new tricks?" This phrase has multiple meanings, but for starters, let's ignore the ones related to your spouse. The real question is whether you actually can teach an old dog new tricks. The answer is of course that you can, but if he's an old dog, he probably already knows the trick. He's just not doing it so he can irritate you. On second thought, this may also be true of your spouse.

But moving on from the sayings that have been passed through generations, we get into more modern ideas about dogs. Let's start with picking pups.

How often have you heard, "The size of the puppy's feet predicts the size of the dog?" It's as if pups are born with adult feet and only the rest of them

grows as they mature. All you can really tell from this is that your grown dog will have big feet. That's it.

Another saying suggests, "Always pick the most active pup in the litter." This may be a good idea if you want to stay up all night. The others may only be sluggish because this one lets them get no sleep. Or he may sleep 23 hours a day and gets excited when people show up.

Sometimes you may hear the argument, "Registered pups make better dogs." Maybe so, maybe not. What I'd really like to see is a record on the pup, not the parents, grandparents and great-grandparents. How many shoes has the pup eaten? Carpets soiled? I never know if a pup's papers are proof of its bloodline or a criminal record.

continued on page 27

“Pups eventually grow out of a desire to chew.”

Sure, when they're full.

On a related note, we've all heard that, "You can always judge a pup by its parents." This one usually scared me right before parent-teacher conferences. I always expected her to start with, "So you're the reason..." Unfortunately, there's some truth to this one.

"Owners look like their dogs." One of my buddies asks with a smirk, "Which end?" I'll leave this one for you to decide.

A lot of owners have peculiar notions about having their dogs neutered as youngsters. For instance, I've heard people say, "Dogs should have a litter before being spayed." Say this out loud to yourself. Now think. Isn't this the reason you're having the dog spayed? Remember that other old saying about closing the barn door after the cows have gone?

Another excuse I've heard is that, "Kids should experience the miracle of birth, so we're not neutering our dog." If this is how you feel, remember that your kids may also experience the miracle of raising 14 dogs. Let them experience the miracle of birth with guppies.

A lot of our beliefs about dogs relate to their moods and temperament. For example, "Happy dogs wag their tails." Just remember that some dogs are happiest just before they bite.

Another one is, "Dogs are sick if their noses are warm." Not always. This could just mean you live in Florida.

Some people believe that, "When sleeping dogs twitch, they are dream-

ing." Who knows? It could be a flea.

Another of my favorites is, "All dogs like to be petted on the head." And those that don't at least appreciate having your hand within biting range.

Walt Disney probably started this belief with his amazing dog movies. "Dogs can always find their way home." Ever noticed all those dog posters on telephone poles? It's not because they are wanted for crimes like catnapping.

A lot of our myths surround feeding habits. For instance, some people believe, "Table scraps are good for dogs." Some table scraps aren't even good for you. Besides, who's going to eat the dog food, you?

Others believe that, "If you feed your dog garlic, it won't attract fleas." Actually, if you feed your dog garlic, it won't even attract people.

One of my favorites relates to puppies. "Pups eventually grow out of a desire to chew." Sure, when they're full.

Also, I've met owners who believe, "Some dogs are vegetarians." No, someone sold you a sheep.

Trainers also have their myths, as do dog owners who have to instruct their own dogs. Like this one, "To house-break a dog, try rubbing his nose in his first accident." Dogs have no idea why you're doing this. Just out of curiosity, how did you potty-train your kids?

Others believe you can't teach young dogs new tricks either. Some will tell you, "You can't train a dog until it's six months old." Trust me. No one owns enough shoes to wait that long.

We also hear people claim, "This dog only minds one owner." If that's true, I really don't want to visit. Chances are, it doesn't even mind one.

I've also heard people explain that the first step in training is, "To show the dog who's boss." This only works if you're a good boss. If you're a bad boss, the dog may quit without a two-week's notice.

Last, and perhaps my favorite, "I don't believe in training because it breaks a dog's spirit." Only if it's possessed.

Hopefully, by now, we've exploded a few dog myths. Maybe then you won't end up with a dog you'd like to explode.

Jim Mize has collected the best of his outdoor humor in an award-winning book titled, "The Winter of Our Discount Tent." Copies are available for \$18.95 plus shipping and handling by calling (800) 768-2500.



A management style for growing cooperatives

Text and photo by Chris Powell



Jeff Edwards set a course for the Albemarle EMC electric cooperative to handle a suddenly growing membership.

By 1998, Albemarle Electric Membership Corporation in the northeast region of the state faced a major transition. The 11,200-member co-op had served members for decades with very few changes required in its system, including poles, lines, staffing and services. But the 1990s had ushered in an era of change. A four-lane highway was coming in from the Tidewater and Hampton Roads areas of southeast Virginia, and the first wave of retiring baby boomers was already starting to push up the prices of properties along the Albemarle Sound. As has happened in other rural areas of the state, electric service here would have to grow to meet the new demand.

The Albemarle EMC board of directors at this time saw their longtime general manager, Dorris White, retiring. The directors looked for someone with experience in a growing service territory.

"We knew that the five counties we serve were about to grow like none of us had ever seen," said L.A. Harris, the cooperative's board president who has served for more than 30 years as a director elected by the membership. "The board hoped to find a manager who would be prepared to handle some heavy-duty challenges."

After interviewing a host of candidates they selected Jeff Edwards, who was 35 years old. Edwards had worked 13 years at Union Power Cooperative, based in the suburbs of Charlotte, the fastest-growing cooperative in the state. As Union's director of operations, he supervised substations, right-of-way management, telecommunications and power quality.

When he was offered the job at Albemarle, Edwards knew he would face challenges. The infrastructure was adequate but aging. The co-op had no transmission lines

or substations that are vital to transferring large amounts of electricity. The office had just one computer and two incoming phone lines. The line trucks were aging. And the co-op was still relying on members to read their own meters and calculate their own power usage for payment.

Edwards asked the board members if they would support changes and allow him to budget for them. The directors agreed without reservation. They approved the installation of networked computers and a billing system used by many other electric cooperatives. They asked Edwards to replace the phone system, hire contract meter readers and supervise renovation of the Winfall office building.

Edwards then set his sights on the workforce. "We had a good group, but we needed people with particular strengths," he said. The cooperative hired staff with expertise in engineering, technical systems, personnel and community relations.


Among the systems introduced were a Web site that allowed for online bill payment, a Geographic Information System (GIS) to enable accurate mapping for managing outages, and an outage response call-handling system. The new Supervisory Control and Data Acquisition (SCADA) system enables an operator to control electrical switches remotely from the office, which enhances safety and efficiency.

All of these systems were intended to improve operating efficiency and directly benefit consumer-members. The average annual outage per member was more than 10 hours when Edwards arrived. It is now less than two hours, excluding major storms.

The board of directors also asked Edwards to manage the construction of the Tanglewood Substation, in Elizabeth City, which will have the ability to serve northern Pasquotank County well into the future. Another substation is currently under construction.

"I am very proud of the directors and workforce here," Edwards said. "All of these folks know what they are doing and why they do it. They have the members' best interest at heart. And the fact that we have become a technological leader in the state is something the cooperative can be very proud of."

This spring Jeff Edwards accepted the general manager's job at Southside Electric Cooperative, a 51,000-member co-op headquartered not far away in Crewe, Va., near Petersburg. As its new general manager, the Albemarle EMC board appointed Brad Furr, who had worked alongside Jeff Edwards at both Union Power and Albemarle EMC.

"We feel Jeff's style of management brought the cooperative solidly into the 21st century," said L.A. Harris. "And Brad Furr has deep knowledge of our electrical infrastructure and internal management and will make an ideal general manager. Albemarle EMC is in good shape to continue providing safe, reliable and affordable service to its members." 

Chris Powell is director of public relations for Albemarle EMC.

Revival, Vacation Bible School, & Dinner on the Grounds

remembering summertime at country churches

By Gene Younts

The church held a central position in our lives, being the place where we worshipped and experienced much of our social life. Baptism rites involved head sprinkling for some congregations and total immersion for others, and the type of communion drink varied from church to church. For the most part, however, Sundays meant not working and going to church. Not much took place around the church during the week, because farm families worked from daylight to dusk and the trip to church and back would have consumed too much time. Also, several churches shared the same minister, making it impossible for him to meet with each congregation two or more times a week. Parishioners who failed to appear were referred to as “backsliders.”



Revival

Most churches conducted an array of special activities such as a Christmas exercise, vacation Bible school, youth fellowship, homecoming and revivals. Each of them held a special importance, but none as much as the revival, usually held at night near the end of the summer when temperatures rose to uncomfortable levels. Small-grain threshing was over and row crops had reached maturity and were “laid-by” waiting for their harvest a few weeks later. A laid-by crop no longer required cultivation or hoeing, and farm implements were set-aside for the next growing season.

As summer days shortened, churches that were not yet served by electricity lines from town required other forms of lighting. Candles and oil lamps played a big role in the very early days, but by the ‘30s, generators turned by gasoline engines offered a significant improvement. The generator in our church was manufactured by the Delco Company—we referred to it simply as “the Delco”—and produced sufficient wattage to burn several light bulbs hanging on cords from the ceiling, enough light for the congregation to read and the minister to see his notes. The Delco lacked reliability especially during summer thunderstorms when

light bulbs would flicker and fade often into total darkness.

A few candles would come to the rescue, and a “jack-of-all-trades” member of the church would usually save the service by getting the Delco going again. Of course, church windows were held wide open by props to allow the cool evening air to blow across the members of the congregation. If this natural air conditioning did not remove the sweat beads from foreheads, parishioners would use a hand-held funeral home fan to take up the slack. Often, the light bulbs would attract a number of “candle flippers” through the open windows; these moths became serious distractions.



Photographs from "Carolina Country Reflections." See page 33.

A revival usually lasted one week. An invited preacher from another church, perhaps some distance away, would lead the main part of the service amid stepped-up preaching, praying and singing. Rafters in the country churches would reverberate from loud, fervent messages delivered from the pulpit and exuberant, high-volume singing. Rural folks who worked daily in the fields had strong lungs. Having another crop in its final stages was reason enough to sing without inhibition. By the end of the week, the visiting minister would rejoice if new members were added to the church rolls. He had accomplished one of his missions, to save the souls of backsliders while adding a few members to the church roll. Another goal was to rejuvenate the spiritual soul of the members, ridding them of committed sins, and the hot August nights naturally helped them sweat it out.

Teenagers watched very carefully to see if any of their peers walked down front to let the preacher know they were ready to join the church. I never knew how others felt about this very personal experience, but was relieved when finding the courage to do it. If the Holy Spirit yanked me to the front, I never felt it. I went under my own power, wobbly legs and all.

An anticipated part of revival meetings was dinner on the grounds, held after the conclusion of the Sunday morning sermon. Before it was served, the congregation walked to the cemetery a few hundred feet away for prayer

and a few brief comments. We stood solemnly looking across the tombstones as we sang two hymns, "Shall We Gather at the River" and "When the Roll Is Called Up Yonder."

Dinner on the Grounds

Dinner on the grounds was a sumptuous meal prepared by the ladies of the congregation and brought to the church in cloth-covered baskets. Food was held there until the morning service was over then carried to tables set up outdoors under the thickest shade available in the churchyard. Everyone in the church knew a feast awaited them, and at times churchgoers—especially the young folks—were certain that the preacher spoke too long on purpose that day in a futile attempt to rid us of the sin of temptation.

Dishes were set out on long tables temporarily fashioned from boards and sawhorses or "bucks" as we called them. An enticing aroma met the diner who approached the table with an empty plate. What a sight to behold dishes of fried chicken, cured ham and barbecue; plates of deviled eggs and sliced tomatoes; bowls of potato salad, cabbage slaw, sourdough biscuits, corn bread, chicken pies, sauerkraut, pickles, and vegetables of all kinds; and desserts, including banana pudding, and cakes and pies of all descriptions. If there was ever a mouth-watering experience, this had to be it.

The tables literally creaked under the weight of the food. On one table sat large tubs with sweet lemonade and

water cooled by blocks of ice, if available, readied by the men. Aluminum dippers hung next to the tubs for filling paper cups and drinking glasses. If a local supply of watermelons was available, they were heaped and ready for slicing.

At last, after what seemed a much longer blessing than usual by the resident preacher, it was time to eat. Adults went to the tables, first men, then women. Children went last. Plates were heaped with a selection of the delectable choices available, which usually meant a quick search of the tables so nothing appetizing was missed. The big eaters went for second helpings, followed by one or two helpings of dessert. If the stomach still had space, a slice of watermelon sometimes brought this eating ritual to a close. Flies could be a constant nuisance, hovering too close and lighting on the food. Men would often break branches from nearby bushes to shoo them away momentarily, but it was an exercise in futility. All edible left-over food was returned to food baskets and carried home for supper.

Homecoming

One additional church event, homecoming, also called for dinner on the grounds. As the name implies, homecoming was a special day when former members of the church who had left the community were encouraged to return in order to renew old bonds and rekindle old memories. This tradition would often be given a second meaning

“As they awaited the feast, churchgoers—especially the young folks—were certain that the preacher spoke too long on purpose that day in a futile attempt to rid us of the sin of temptation.”

by the minister when he spoke of that day when we would all meet in heaven for the final homecoming. The earthly homecoming was filled with excitement for everybody, especially when attendees had to travel a long distance or had been away for several years. Some members of the community had moved up North or out West to find better work opportunities, and the delight in seeing them became nearly overwhelming.

It was a day that focused on the family more than any other day of the year. Music was special with quartet singing and an extraordinary performance by the choir. An invited speaker lifted worshipers' spirits by reminiscing about the past and praising members of the congregation for their efforts in helping to raise good families.

A traditional dinner on the grounds filled a long dinner hour, and in the '20s, '30s, and early '40s, the congregation reassembled in the church for an afternoon service, which consisted of a short sermon by the regular minister and plenty of singing by invited quartets. The North State Quartet from town was a favorite of many congregations, and its members sang the fast-moving hymns such as "On My Way to Glory," "I've Got a Home in Glory," "I'll Fly Away," "Just a Closer Walk With Thee" and "Do Lord, Do Lord, Do Remember Me." The accompanying pianist touched the keys with gusto, and if the church congregation ever came close to "rocking," it happened when the quartets sang.

Vacation Bible School & Youth Fellowship

Vacation Bible Schools always came with mixed emotions. We youngsters, especially the rough and tumble boys, never appreciated fully the value of

taking a week of a precious summer vacation from regular school to be at church. Whoever invented Bible school must have loathed the sweaty toil of farm work. Bible school offered the fool-proof excuse to come out of the fields or get out of the home where orders of the day included sweeping and scrubbing floors, washing and ironing and helping cook. Like public school, it required us to study and memorize selected sections of the scriptures and use arts and crafts to express what we were learning. We would go on a picnic at the end of each week. Even though some of us never took this special schoolwork too seriously, the "togetherness" of boys and girls, a kind of country social club for kids and pre-teenagers, outweighed the ordeal of going through rituals.

Youth Fellowship occurred on Sunday evenings when the minister led services aimed at older teenagers. To a great degree, the activity represented the transition into adulthood and the mainstream of the church body. At this point, young people discovered that

church could be more than fun and excitement, but these two elements were major drawing cards.

Following a Bible reading and a short message from the minister or one of the teenagers, the group enjoyed singing and social activities and refreshments. A few of the older teenagers had already secured drivers' licenses, and they often served as a "busing service" if a parent's car was available, bringing members of the fellowship to the meeting. Bolder drivers might stretch parental rules by taking a more circuitous route on the way home. This was excitement at its best, since no teenager had the luxury of having his or her own car. A chance to take a joy ride with a load of peers defied description. Loud singing and chatter among the occupants were part of the routine, and luckily the daring drivers made it home safely. Members of Youth Fellowship contributed much to the life of the church serving as role models for the younger boys and girls and as leaders in church plays.



This article is excerpted from the new book, "We Are What We Were: Memories of Rural North Carolina," by Gene Younts, recalling country life from 1920 to 1950. Retired in 2001 as vice president for public service and outreach at the University of Georgia, Sanford Eugene Younts grew up one of six children, and among 60 cousins, on a dairy farm in rural Davidson County. He graduated from Davis-Townsend High School in 1948 and earned his B.S. and M.S. from North Carolina State University, later attending Cornell University for a Ph.D. in agronomy and soil science. He pursued a career in higher education at the University of Maryland, N.C. State, and the University of Georgia. This is his third book. It is in hardcover with 360 pages and 150 photographs. It was published by Stratford Press. The book sells for \$25 (plus \$4 shipping and handling). Contact Gene Younts at P.O. Box 28, Athens, GA 30603. Phone: (706) 546-5394. E-mail: seyounts@charter.net

Tips for Keeping Mobile Homes COOL



Trellised vines provide effective shading. They protect the house from the sun and they create cool buffer zones near the home.

Shading and reflecting

Heat from the sun shining through windows and on roofs is a major reason for needing mechanical cooling systems. The most effective way to reduce solar heat is simply to block it, using shade trees, vines and trellises, metallized window films, awnings, sun screens and bright roof coatings.

Shade trees and trellised vines provide effective shading. They don't allow the sun's rays to reach the home and they create cool buffer zones near the home...

Effective shading can also be gained from reflective roof coatings, window films, interior window treatments, sun screens, awnings, low-e glass and reflective glass.

Reflective roofs and walls

Dark colors are inappropriate for walls and roofs in hot climates, because they absorb too much solar heat. The exterior walls and roof should be reflective to reflect unwanted solar heat.

If you repaint your exterior walls, choose white or a very light color.

When you reroof your home, choose a reflective roofing or roof coating. The most common reflective coatings are asphalt-based coatings, mixed with aluminum particles and mineral fibers. They reflect about 60 percent of solar heat hitting the roof. These reasonably-priced asphalt coatings vary in quality, mainly due to the amount of aluminum particles in each five-gallon container. The better coatings, which are more expensive, contain more aluminum and are more reflective. Be sure to stir this asphalt/aluminum coating

vigorously and often during its application.

Bright white latex rubber coatings reflect up to 75 percent of solar heat. These latex coatings are more dependent on proper surface preparation than asphalt coatings. The roof surface must be clean and dry before application. Some latex coatings require a primer coat.

Most large hardware stores and lumber yards carry both asphalt and latex roof coatings. Follow the manufacturer's instructions for surface preparation and application.

Interior window treatments

Interior window treatments with reflective surfaces—either metallized or bright white—can block solar heat effectively. Opaque roller shades with white surfaces facing the exterior repel about 80 percent of the solar heat entering the window. These roller shades block most of the light and all the view.

White venetian blinds and white slim shades (a smaller-scale venetian blind) repel 40 to 60 percent of the solar heat entering the window. These venetian blinds and slim shades also block most of the light and view.

Shade treatments for single-pane glass

Percent of Solar Heat Blocked by Window Treatments

Sun Screen (indoors)	20–30%
Colored Venetian Blind	25–40%
Draperies (light colored)	40–55%
Opaque Rolling Shade (dark exterior)	45–50%
White Venetian Blind	45–50%
Window Films	40–75%
Light-Transmitting	60–70%
Rolling Shade Sun Screen (outdoors)	65–75%
Opaque Rolling Shade (white exterior)	75–80%
Aluminum Louvered	80–85%
Sun Screen Awnings	50–90%

If you want to retain some light or view, install roller shades made with metallized plastic window film. Like reflective films applied directly to glass, these metallized plastic roller shades can preserve the view and transmit some light, while blocking most of the heat. ☺



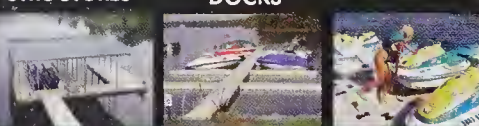
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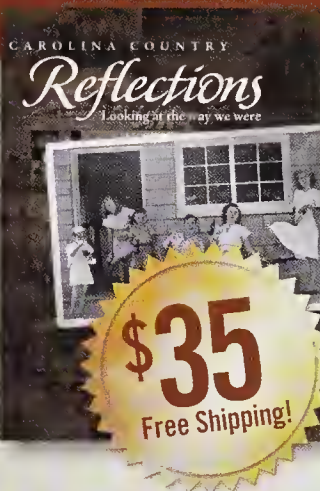
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- ... Your Mom said that she was going to bring you down a few button holes.

From Jan Lingle, Monroe

- ... You dropped a dime in the "pick-alo" at Sustare's swimming pool and punched B-8 to play "Rockin' Robin" by Bobby Day.
- ... You crawled under the fence at Bickett Stadium to watch Monroe beat Albemarle.
- ... You thumbed to "OD" with \$5 in your pocket, stayed a solid week, and came back with \$6.
- ... You ran into your house in the heat of summer to cool off in front of the window fan and your Hattie Mae was listening to WGIV with DJs Chattie Hattie and Genial Gene.
- ... You sneaked in the men's room window at the H.H. Davis cotton warehouse to see Maurice Williams & the Gladiolas.

From Becky Fowler, Atkinson

- ... You would catch fireflies and mash them on your finger for your diamond ring.

From Tim Perry, Hertford

- ... You and Dad set the nets at sundown.
- ... You and Dad fished the nets at night, and you held the flashlight.
- ... You picked up the fish and put 'em back in when Dad missed the washtub.
- ... You went to the fish market every morning to sell the catch.
- ... You could name all of types of fish before you knew your ABCs.
- ... Breakfast was herring roe and eggs fried in bacon grease.
- ... Supper was fried mullet, mullet gizzards, mullet roe, fried potatoes, coleslaw and lacey cornbread.
- ... You pinched the swimmer fin to see if a crab was ready to shed.
- ... You broke off the pincher of the busters and peelers so they could go in the shedder.
- ... Mom put the hard crabs in the crabpot with the long-handled tongs, but Dad just picked 'em up an' put 'em in there.
- ... Shucking oysters from Ocracoke Island meant one for the bowl, one for Dad, and one for you.

From Delores White, Barco

- ... You scrapped the cotton patch to buy Blue Horse notebooks and yellow #2 pencils for school.

From Douglas Mazingo, Stantonsburg

- ... Your Ma and Pa told you to shut up so they could hear "Lum & Abner" on the radio.
- ... You were afraid to go out after dark because the "Kitty Mouse" might get you.
- ... You bush-hogged your ditch banks in the winter with a swub blade.
- ... When your company was ready to leave, Ma and Pa would say, "Tain't a while to rush off."

From Rachel Poole, Denver

- ... You had a fire board over your open fire place.
- ... You went to the branch to get white wash for your hearth.
- ... When you walked to church others would join along the way.
- ... You made snuff from cocoa and sugar.
- ... You used baking soda to brush your teeth.
- ... Men rolled their own cigarettes.

From Stacey Cumber, Monroe

- ... Your mama and daddy told you to watch out for the sack lady when you were playin' in the woods.
- ... All your relatives live just a stone's throw away.
- ... Instead of using the phone, your mama yelled for you to come on home from your cousin's house.
- ... Your mama sent you over to your grandpa's potato shed to pick out some for supper that night.
- ... Your feet were black at the end of the day from playin' outside.
- ... You would hang old drink cans from part of your clothesline and use them for target practice.
- ... Your grandma put ketchup on your scrambled eggs when you were a kid, or she crumbled up a biscuit with your eggs and poured coffee on it. ☹

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Blue Ridge EMC sponsors Wynonna at the outdoor fireworks concert during an Appalachian Summer Festival this year.

Appalachian Summer Festival is next month

Tickets are on sale for An Appalachian Summer Festival to be held July 6–28 at Appalachian State University in Boone. The annual event promises world-class arts events, including music, dance and theatre performances, visual arts exhibitions and events, workshops for children and adults, and educational lectures and seminars. Acts and artists this year include Dame Evelyn Glennie, Julia Fischer and the Eastern Philharmonic Orchestra, the Mystical Arts of Tibet, Ellis and Defayeo Marsalis, the Mark Morris Dance Group, Bruce Hornsby, Old Crow Medicine Show and Wynonna.

Blue Ridge Electric Membership Corporation traditionally sponsors the festival's closing Outdoor Fireworks Concert, which this year brings country superstar Wynonna Judd to the stage. The show will be held at the Kidd Brewer Stadium on ASU campus on Saturday, July 28, at 7:30 p.m.

Members of Blue Ridge EMC are eligible to purchase tickets for the Outdoor Fireworks Concert with Wynonna at a discounted price of \$25 by calling the box office weekdays 10 a.m. to 5 p.m.

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Summer maritime science for kids

Saltwater science, nature at night, coastal photography, pirates. These are among programs for kids from first grade through high school available this summer at the North

Carolina Maritime Museum in Beaufort. Other courses include boats and boat-building, fishing and crabbing, coastal trails and archaeology. Taught by museum instructors, many classes include field exploration.



Registration is required. Applications are available online or at the museum.

(252) 728-7317

www.ncmaritimemuseum.org

Well water Web site

Nearly half of Americans reportedly rely on ground water for all or part of their water supply through privately owned wells or ground-water supplied community systems. Well users who have questions about proper well construction, maintenance, water quality and ground water protection can find answers at the National Ground Water Association (NGWA) Web site. Wellowner.org includes practical information on well basics, proper construction and maintenance, as well as water quality and contamination issues.



www.wellowner.org

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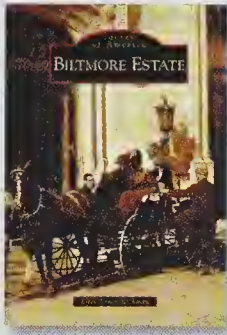


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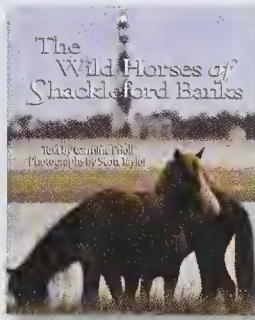
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Biltmore Estate

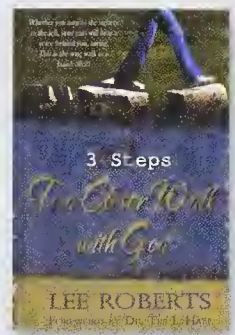
Photographs from the famed estate tell the story of this 250-room French Renaissance-style chateau in Asheville. The pictures, many never before published, illustrate the estate's early history from 1888 to 1930, shedding light on the gardens, residence and the lives of George Vanderbilt and his family and friends. The book delves into the creation of surrounding landscaped gardens and grounds, farm building, a village and other estate features. The book also discusses innovative land management practices such as forestry and scientific farming. Written by Ellen Erwin Rickman, "Biltmore Estate" is published by Arcadia Publishing in Mt. Pleasant, S.C. Softcover, 128 pages, \$19.99.

**Wild Horses of Shackleford Banks**

No one really knows where the wild horses on the Outer Banks' Shackleford Island came from, and mystery and controversy have long surrounded them. This overview examines the hardy herd's possible origins and development, its triumph in the face of hurricanes and the hard-won struggle to protect it within Cape Lookout National Seashore. Photographs show why the horses (some people believe they are ponies) are so beloved. NCSU professor Carmine Prioli wrote the text and Beaufort photographer Scott Taylor shot the images. Softcover, 122 pages, \$16.05. Published by John F. Blair in Winston-Salem.

**3 Easy Steps to a Closer Walk With God**

The first in a series of books designed to take the reader through a study of biblical principles, this book provides ways and reasons to strengthen a relationship with God. Titles for the book's 12 chapters include "The Nature of God," "The Attributes of God," "Five Things You Must Avoid," "Defeating Satan," "Developing A Heart For God," and "Putting It All Together." Principles related to topics are explored in depth. Author Lee Roberts, who lives in the mountains of North Carolina, includes more than 500 passages of Scripture, shares personal stories of challenges he has faced, and asks more than 500 inspiring questions for readers to ponder. Published by Christ Centered Publishing in Lake Junaluska. Softcover, 475 pages, \$19.95.



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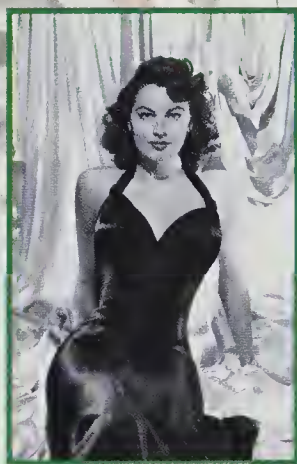
Getting To Know...

Ava Gardner

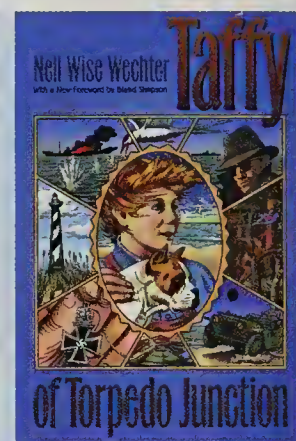
Born: Ava Lavinia Gardner on Christmas Eve, 1922, in Brogden, near Smithfield, N.C.

Known for: Her movie and TV acting roles for more than four decades.

Accomplishments: The youngest of seven children, Ava grew up in the small farming community of Brogden. After turning 18, Ava visited her sister, Beatrice, in New York City. The trip changed the course of her life forever. Beatrice's husband Larry Tarr, a professional photographer, took several portrait pictures of her and displayed them in the front window of his Fifth Avenue studio. Loews Theatre legal clerk Barnard Duhan saw Ava's pictures and encouraged Tarr to send the pictures to MGM. Soon after Ava had a contract with MGM and a voice coach who helped minimize her strong Carolina accent. She made more than 60 films and in 1947 was awarded the "Film Achievement" award for her performance in "The Hucksters." The Academy of Motion Pictures nominated her in 1953 as "Best Actress" for her role in "Mogambo." Ava worked tirelessly to raise money for cancer research, and the U.S. Armed Forces recognized her dedication to public service and patriotic spirit. She was married to celebrities Mickey Rooney, Artie Shaw and Frank Sinatra. She died in 1990 and is buried in Smithfield. Ava's amazing life is remembered at the Ava Gardner Museum in Smithfield: (919) 934-5830 or www.avagardner.org.



Taffy turns 50



The beloved American heroine of Nell Wise Wechter's "Taffy of Torpedo Junction" celebrates her 50th anniversary this spring. Since May 9, 1957, Wechter's novel has been telling the story of 13-year-old Taffy of Torpedo Junction to children across the country. With the help of her Banks pony, Sailor, and her boxer puppy, Brandy, Taffy exposes a ring of Nazi spies operating on Hatteras Island during World War II. Taffy's adventure is based partly on Wechter's own story and life experience at the time. As a schoolteacher in Buxton on Hatteras Island during World War II, Wechter could look out her classroom window and see U.S. ships being sunk by the Germans. Wechter's tale of Taffy and her American heroism pay tribute and honor to the people who lived at "Torpedo Junction," the place near Cape Hatteras where German U-boats sank more than 60 American ships in less than six months in 1942. In the first year it was published, Wechter received the North Carolina Division of the American Association of University of Women award for juvenile literature. Her novel has sold nearly 21,000 copies. The anniversary edition, with a new foreword by Bland Simpson, is in paperback for \$10.95 from booksellers or from the University of North Carolina Press: (800) 848-6224 or www.uncpress.unc.edu.

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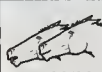
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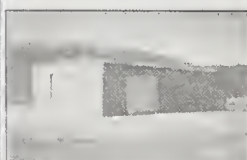
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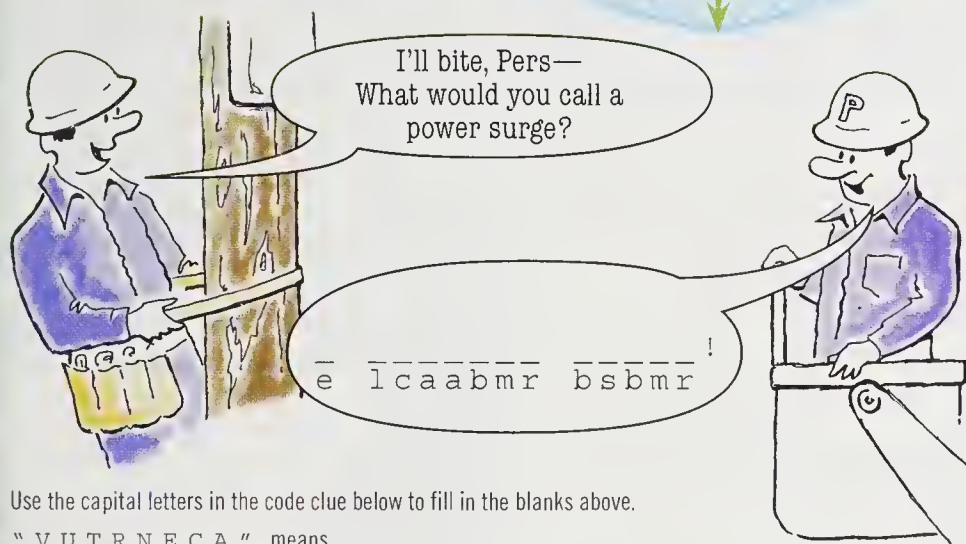
					2			
A	U	C	A	E	T	N	U	L

Given T=2, can you calculate the value of CALCULATE? Each letter stands for a digit. Repeated letters stand for repeated digits.

$$X \frac{2}{T}$$

							2	
C	A	L	C	U	L	A	T	E

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Use the capital letters in the code clue below to fill in the blanks above.
 "VUTRNECA" means
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SOUTHERN exposure

Dick Sandlin of Wilmington recently won a \$15 million Powerball jackpot. Sandlin, 79, is a utility worker for North Carolina State Parks.

At a news conference in South Carolina, where the winning ticket was sold, he was asked what he planned to do with his newfound wealth.

"I'm going to buy me an RC Cola and a Moonpie," he said.

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6	#	

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Prize Winner

Chosen at random among all 49 correct answers to the Domi-No.s. puzzle contest published here last month was Anthony Belfiglio of Ramseur. As the winner, he will receive \$25. Here is the answer:

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For answers, please see page 42.

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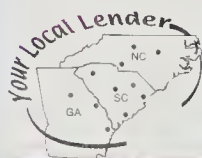
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\$150,000	\$887.31	30 YR. Fixed	5.87*	5.99%
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May Events



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(704) 894-2025
www.mooresvillerelay.org

Quilt Art

June 1-3, Waynesville
(828) 452-0844
www.slquilts.kickme.to

Hickory Alive

June 1, 15, 22 & 29, Hickory
(828) 322-1121
www.downtownhickory.com

Canoe Trip @ Dusk

June 1, 8, 15, 22 & 29, Rosman
(828) 877-3106
www.headwatersoutfitters.com

Bicentennial Celebration

June 2, Flat Rock
(828) 693-0731

Sweet Adelines

June 2, Conover
(704) 735-9537
www.carolinastylechorus.org

Canoe Trip

June 2, 9, 16, 23 & 30, Rosman
(828) 231-8060
www.headwatersoutfitters.com

Bluegrass to Blues Music fest

June 2, Andrews
(828) 557-1704

National Trails Day

June 2, Linville
(828) 737-0833
www.grandfather.com

Ottis Cook Music Park Concerts

June 2, Polkville
(828) 245-5339
www.gvcmusic.com

StoryFest

June 2, Rutherfordton
(828) 287-2071
www.rutherfordtown.com

Antique Tractor Show

June 8-9, Maggie Valley
(828) 648-4145

Landrum Quilt Show

June 8-10, Landrum
(828) 894-8378

Gallery Crawl

June 8, West Jefferson
www.ashecountyarts.org

MacRae Peak Hike

June 9, Linville
(828) 733-4326
www.grandfather.com

Teddy Bear Party

June 9, Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Coffee House

June 9, West Jefferson
www.ashecountyarts.org

Toe River Art Tours

June 9-10, Spruce Pine
(828) 765-0520
www.toeriverarts.org

Rodgers & Hammerstein's "Cinderella"

June 13-July 1, Flat Rock
(828) 693-0403

Palomino Mountain Ranch Rodeo

June 15-17, Low Gap
(336) 352-4335

Pickin' & Mowin' Day

June 16, Lenoir
(828) 726-0323

Cruise-In Car Fair

June 16, Lenoir
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www.lenoircruisers.com

Fine Art Show

June 16, Hickory
(828) 322-1121
www.downtownhickory.com

Arts Garden Tour

June 17, Andrews
(828) 321-3584

Jim Lauderdale

Bluegrass Concert
June 18, Flat Rock
(828) 693-0731

Trout Festival

June 23, Maggie Valley
(828) 926-1686
www.maggiervalley.org

Pioneer Tea Party

June 23, Asheville
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June 24, Linville
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June 2, Fayetteville
(910) 486-0221
www.capefearbg.com

Home & Garden Tour

June 2, Monroe
(704) 292-1705
www.downtownmonroenc.org

Blues N' Brews

June 2, Fayetteville
(910) 323-4233
www.cftrt.org

Gun & Military Antiques Show

June 2-3, Raleigh
(704) 282-1339
www.TheCarolinaTrader.com

"My Hometown Pineville"

Book Talk
June 3, Monroe
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www.union.lib.nc.us

Farmers Market

Saturdays June 5-
mid-October, Lexington
(336) 249-8327

"Tremendous Trees"

Kid Activities
June 7, Huntersville
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Art Studio

Opening & Reception
June 8-10, Wake Forest
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Bluegrass Festival

June 8-9, Oakboro
(704) 485-4906
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Disney's High School Musical

June 8-July 1, Fayetteville
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www.cftrt.org

Cowan's Ford Wildlife Refuge

June 9, Huntersville
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Brentwood Water Annual Meeting
June 11, Morganton
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ATV Drag Races
June 15–16, Oakboro
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Country Show
June 16, Matthews
(704) 545-6618

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June 16, Lexington
(800) 244-0095
www.bobtimberlake.com

Jimmy V Junior Golf Classic
June 18, Raleigh
(919) 380-9505
www.jimmyv.org

Ribbon Walk Nature Preserve
June 20, Charlotte
(704) 875-1391

Latta Plantation Nature Center
June 21, Huntersville
(704) 875-1391

Fayetteville After Five
June 21, Fayetteville
(910) 485-5121
www.fayettevillemuseumart.org

Fourth Friday Gallery Crawl
June 22, Fayetteville
(910) 323-1776
www.theartscouncil.com

Juneteenth Celebration
June 23, Durham
(919) 620-0120
www.historicstagvillefoundation.org

West Side Story
June 26–30, Greenville
(252) 328-1196

Old Thresher's Reunion
June 30–July 4, Denton
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www.threshers.com

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(252) 475-1500
www.roanokeisland.com

Ocracoke Festival
June 1–3, Ocracoke
(252) 928-3411
www.ocracokefestival.org

Heritage Day
June 2, Creswell
(252) 797-4336

River Days
June 2–3, New Bern
(252) 637-7972
<http://neuseriver.org>

NC Symphony
June 3, Manteo
(252) 475-1500
www.roanokeisland.com

"Bloody Mary & the Virgin Queen"
June 12–13, Manteo
(252) 475-1500
www.roanokeisland.com

The Casino Revisited: Chuck & Robert Redd Concert
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Langley Winds Woodwind Quintet
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The Coastal Cohorts in Concert
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www.nccoast.org

Battleship Hootenanny
June 19, Wilmington
(910) 251-5797

Old Homes Tour
June 22–23, Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Antiques Show and Sale
June 22–24, Morehead City
(252) 728-5225/(800) 575-7483
www.beauforthistoricsite.org

Arts Performance Festival
June 26–Aug. 4, Manteo
(252) 475-1500
www.roanokeisland.com

Beach Luau With Band of Oz
June 29, Morehead City
(252) 726-4472

CAROLINA COUNTRY adventures



You can reach Cape Lookout Lighthouse on Core Banks by private boat or ferry. The lighthouse will be open for climbing on June 16. Reservations are required—call (252) 728-5766 or visit www.nps.gov/cal.

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Carteret-Craven EMC territory



Sea breezes and High Tider accents whisper of an intriguing maritime past. Here, you can see the sun both rise and set at Atlantic Beach, Emerald Isle and Pine Knoll Shores. Scuba divers can explore shipwrecks and fishermen buckle from catches. There is no charge for spectators at Bogue Inlet fishing pier in Emerald Isle (which soon could be lost to local real estate development). Visitors like to stock up at roadside Winberry Farm, appreciated for its Bogie Sound watermelons. In Beaufort, see artifacts recovered from the shipwreck believed to be pirate Blackbeard's vessel at North Carolina Maritime Museum or read weathered tombstones at Old Burying Ground cemetery. Late afternoon in Morehead City, watch charter boats cruise in with their catches hanging over the side. Or drive "Down East" from Morehead City to Harkers Island and take the ferry to Cape Lookout National Seashore.

Three top spots:

Core Sound Waterfowl Museum & Heritage Center: Its interesting heritage exhibits and programs include decoy carving demonstrations, honor hunting and fishing and the importance of protecting coastal resources. The museum is on Harkers Island. Admission. (252) 728-1500 or www.coresound.com

North Carolina Aquarium in Pine Knoll Shores: A recent renovation at this public aquarium brought in 40 exhibits. You can see an ocean of colorful fishes and enjoy touching creatures in hands-on tanks. Admission. (252) 247-4003 or www.ncaquariums.com

Islands: It's possible to visit several barrier islands by boat or ferry from Beaufort, Morehead City or Harkers Island. People go over to Rachel Carson Reserve to Carrot Island, Bird Shoal, Horse Island, Middle Marsh, and Town Marsh, which offers breathtaking views of Taylor's Creek, Beaufort and the Atlantic Ocean. More than 200 species of birds have been recorded in this area. Free public field trips are held through Labor Day, usually on Tuesdays and Thursdays. Call (252) 728-2170. A list of private ferries is at www.crystalcoastnc.org/ThingsToDo/BySea/FerryServices

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www.crystalcoastnc.org

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Western N.C. Artists
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(828) 253-3227
www.ashevilleart.org

Professional Baseball Clubs

Through Aug. 31,
Kings Mountain
(704) 739-1019

PIEDMONT

"Solving the Rock House Mysteries"

Ongoing, Charlotte
(704) 568-1774
www.charlottemuseum.org

Pole to Pole Flag Journey

Ongoing, Charlotte
(704) 568-1774
www.charlottemuseum.org

World War II Encampment

June 2, Charlotte
(704) 568-1774
www.charlottemuseum.org

Civil War Infantry Weekend

June 2–3, Huntersville
(704) 875-2312
www.lattaplantation.org

When Humanity Fails

June 5, Fayetteville
(910) 323-4233
www.asomf.org

"The Color Purple"

Movie Display
June 6–Dec. 31, Marshville
(704) 517-5622

"Celebrating 70"

June 15–July 28, Lexington
(800) 244-0095
www.bobtimberlake.com

Wisconsin's Flying Trees:

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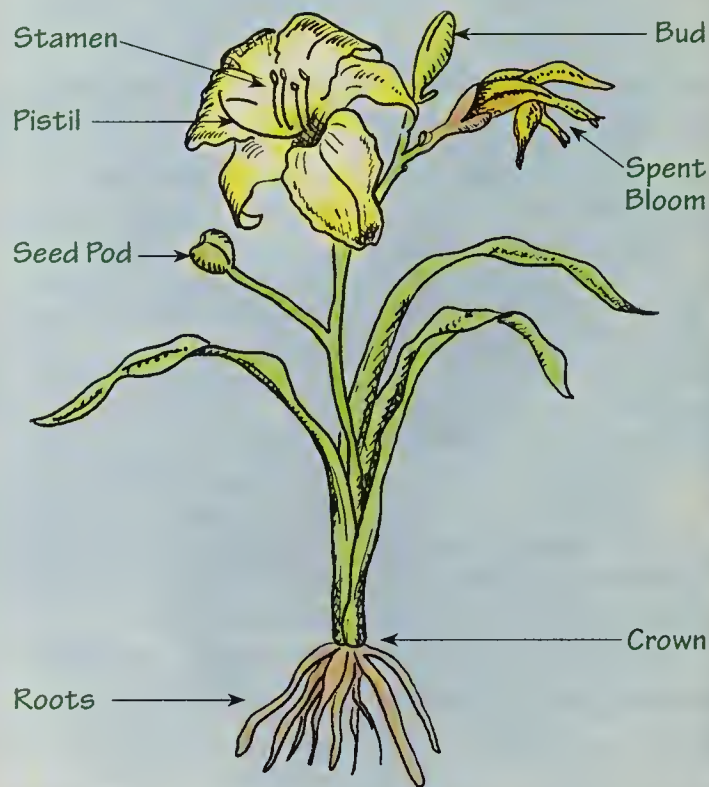
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Make Your Own Daylily

Daylilies are a favorite garden perennial due to their beauty and brawn, and the choices are seemingly endless. The American Hemerocallis Society (www.daylilies.org) lists nearly 56,000 named varieties in its online registry, and hybridizers are forever creating new ones. For the pros, the business of creating and introducing new hybrids is an arduous, painstaking and expensive process. But crossing daylilies for fun is an easy activity for the home gardener. Because the flower parts are so large, the novice can handily accomplish the feat of transferring pollen grains from one daylily to the pistil (female reproductive organ) of another. Do this in early to mid morning—after pollen has dried a bit but before insects become active and beat you to the punch. If fertilization is successful, a green seedpod will form where the spent flower falls off. Watch the plant over the next month or more until the pods dry and split and the seeds are mature (they will be black). Let the seeds dry for about three days, then put them in the fridge until spring, when they can be planted. Plants may take one to three years to bloom. When choosing which daylilies to pair up, the good matchmaker has more than an eye for color and form. For daylily breeder Paul Owen of Slightly Different Nursery in Polkville, the dream marriage produces a plant with stems 30 to 34 inches tall with 20 to 30 blooms per scape and flowers 7 inches across. “It’s not just what the flower looks like—it’s the whole package,” he says. There’s one important rule in crossing daylilies, which have either one of two types of genetic profiles: diploid (“dips”) or tetraploid (“tets”). Dips can’t be successfully crossed with tets, and vice versa. If your daylilies are named, you can check the AHS registry to see what kind you have. If you’re not sure, just attempt your crosses anyway. If a seedpod doesn’t form, you’ll know the match was incompatible. Keep track of your crosses so you’ll remember how you achieved your creations. Owen uses phone wires for recordkeeping, twisting them around the stem and attaching a tag that lists the “pollen parent.” If you produce an offspring that you like, you’ll have to propagate it by division to increase your stock. The seeds of a hybrid daylily will not produce an identical plant.

Picture Perfect


Taking a good photograph of a plant is often harder than it seems. Ever notice how just as you’re about to press the shutter, a breeze blows in out of nowhere? Photographer and wildlife educator Mike Dunn keeps a stake and a clothespin handy just for those moments. He plops the stake



Crossing daylilies is a fun, easy way for hobby gardeners to learn about plant reproduction—and perhaps create a treasured, one-of-a-kind hybrid.

in the ground, then uses the clothespin to secure the stem or other part of the plant to the stake. A clever storebought tool for outdoor photography is the Plamp—it has an easy-to-position gooseneck arm that clamps onto a tripod at one end and grasps the object at the other. You can use it to “pose” your subject in the just the right position or to create that perfect backlit shot. The ideal time to photograph your garden is early morning and late afternoon—when the sun isn’t too bright—or on an overcast day. Flowers make good glamour shots, but don’t overlook the beauty and character of leaves, unfurling buds, seedpods and other plant parts.

Hort Shorts

- ▶ Pole beans, sweet peas and vining cucumbers are ideal veggies for trellises, but gourds, winter squash, cantaloupes and other small melons may also be trained skyward. Heavy fruits may need extra support to keep excess weight off the vines’ stems—make a hammock out of cloth or pantyhose and tie to the main supports.
- ▶ Clump-forming liriop (L. muscari) is so popular as an edging plant that one of its common names is border grass. The tidy form and ruggedness make it ideal for that purpose, but some liriopes are also lovely in flowerbeds in groupings or as accents. Try varieties with variegated foliage such as ‘Silvery Sunproof’, ‘Variegata’, ‘John Burch’, ‘Gold Band’ and ‘Marc Anthony’. The solid-gold-leaved variety ‘Pee Dee Gold Ingot’ also brightens up perennial beds. 



Carla Burgess can be reached at nvgardenshare@mindspring.com.

For more gardening advice, go to the “Carolina Gardens” section of www.carolinacountry.com.

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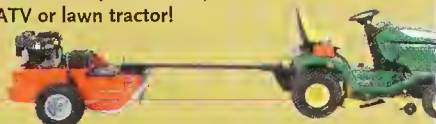
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Organize your kitchen to save energy

In most homes, the utility room consumes the most energy. The kitchen comes next on the list. Creating an efficient kitchen does not require any sacrifices and can actually make it more convenient to use.

The four primary components to an efficient kitchen are design, appliance selection, appliance usage and general efficiency habits. If you are not going to completely remodel a kitchen, you can still incorporate some of the same concepts to help manage energy use.

Start with the kitchen design layout and relative location of workstations. The most accepted kitchen design utilizes the concept of a "kitchen triangle." The goal is to have not more than eight feet between the center of any two of the range, refrigerator and sink. These appliances should also be located in a fairly even triangle. More convenience can mean less time in the kitchen and less hot water running down the drain. Hot and cold water use can be quite substantial in a kitchen.

Also consider the traffic patterns through your kitchen so you are not trying to dodge children as you are cooking or cleaning. Fifteen inches of free workspace around appliances is usually adequate.

Refrigerator/freezers require adequate airflow through the condenser coils to operate efficiently. Often the refrigerator is tucked tightly against a wall or under cabinets. This saves floor space, but it is best to locate it with more clearance. You can move existing ones out an inch or two to help with airflow. Avoid locating the refrigerator in direct sunlight.

The range, whether gas or electric, can be located almost anywhere to create the desired kitchen triangle. If you use natural ventilation from windows during summer, avoid locating the range near a window. A breeze from the window can carry away heat from the electric elements or gas burners and the cooking utensils. This increases cooking times, wastes energy and makes the rest of your kitchen uncomfortably warm.

Locate movable cabinets on outside walls if possible to create an additional thermal buffer from a cold wall. To offset kitchen temperature fluctuations, install a thermostatically-controlled ceiling fan with a built-in heater. Insulated window shades also save energy and improve comfort.

Once you finish your kitchen layout, select an energy-efficient refrigerator, dishwasher and range. Of these, the refrigerator is most important because it is operating 24 hours each day. All refrigerators have an energy label showing the amount of electricity they use.

There are some general guidelines for choosing a refrigerator. Although a side-by-side model may be the most convenient to use, it is the least efficient design because of the extra door gasket length. Models with the freezer on the



This range hood has special switches that sense the finger's touch. It has a three-speed fan control with memory of the last speed used.

bottom are the most efficient with top-freezer models not far behind. Also smaller is better than larger, so give some thought to how many cubic feet your family actually needs.

Depending on the size of your family and how many dishes you use, the dishwasher can be a significant energy consumer. Select a model that has its own preheater so you can set the main water heater tank thermostat lower. Designs that have two small internal pumps instead of one large reversing pump generally consume less water. Dishwasher energy labels have two operating cost figures—one for a gas and one for an electric water heater.

There are no energy labels on ranges to guide your purchase decision. There are some differences in the cooktop element technologies that affect how fast they heat a pot of water and the precision of temperature control. Induction elements provide the most precise temperature control on an electric range. Select an oven with a convection option. The convection feature circulates the air to reduce roasting and baking times.

Once your appliances are in place, use them in an efficient manner. Check temperatures in the refrigerator and freezer portions. They should be about 40 degrees and 0 degrees respectively. Colder temperatures waste electricity and warmer ones won't keep foods fresh. Periodically clean dust off the condenser coils so they transfer heat efficiently.

Use your dishwasher only for full loads. If it has an automatic sensor to determine the best wash cycle, use it.

Send your inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

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Double Blueberry Pie

- 6 ounces reduced-fat cream cheese
- 2 tablespoons fat-free milk
- ½ teaspoon lemon extract
- 1 pastry shell (9 inches), baked
- 2 tablespoons cornstarch
- ¼ cup water
- 1 tablespoon lemon juice
- 4 cups fresh or frozen blueberries, divided
- Sugar substitute equivalent to ½ cup sugar

In a small mixing bowl, beat the cream cheese, milk and extract until smooth; spread onto bottom of pastry shell.

In a saucepan, combine the cornstarch, water and lemon juice until smooth. Mash 2 cups blueberries and add to the pan. Bring to a boil; cook and stir for 1–2 minutes or until thickened. Remove from the heat; cool for 15 minutes.

Stir in sugar substitute. Spoon over cream cheese mixture. Top with remaining blueberries. Refrigerate for 3 hours or until set. Refrigerate leftovers.

Yield: 8 servings

Winning reader recipe

Zucchini Patties

- 2 cups shredded zucchini
- 1 cup Bisquick or other baking mix
- ½ cup shredded mozzarella or cheddar cheese
- ⅛ teaspoon salt
- 2 eggs (beaten)
- 2 tablespoons chopped onions, optional
- 1 tablespoon butter

Combine Bisquick, cheese, salt, eggs, zucchini and onion in a mixing bowl. Blend well. Melt butter in a large skillet. Spoon heaping tablespoons of zucchini mixture into skillet. Fry for 3 to 5 minutes per side until golden brown.

Place browned patties on a paper towel. Add more butter to skillet when necessary for additional batches.

O'Lema Rice, a member of Rutherford EMC, will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Include your name, address, phone number (if we have questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com



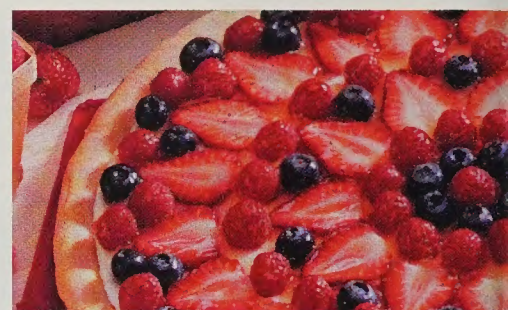
Almond Chicken Salad

- 4 cups cubed cooked chicken
- 1½ cups seedless green grapes, halved
- 1 cup chopped celery
- ¾ cup sliced green onions
- 3 hard-cooked eggs, chopped
- ½ cup mayonnaise
- ¼ cup sour cream
- 1 tablespoon prepared mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon onion powder
- ¼ teaspoon celery salt
- ⅛ teaspoon ground mustard
- ⅛ teaspoon paprika
- ½ cup slivered almonds, toasted
- 1 kiwifruit, peeled and sliced, optional

In a large bowl, combine chicken, grapes, celery, onions and eggs. In another bowl, combine the next nine ingredients; stir until smooth.

Pour over the chicken mixture and toss gently. Stir in almonds and serve immediately, or refrigerate and add the almonds just before serving. Garnish with kiwi if desired.

Yield: 6–8 servings



Vanilla Cream Fruit Tart

- ¾ cup butter or margarine, softened
- ½ cup confectioners' sugar
- 1½ cups all-purpose flour
- 1 package (10 ounces) vanilla or white chips, melted and cooled
- ¼ cup whipping cream
- 1 package (8 ounces) cream cheese, softened
- 1 pint fresh strawberries, sliced
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- ¼ cup sugar
- 1 tablespoon cornstarch
- ½ cup pineapple juice
- ½ teaspoon lemon juice

In a mixing bowl, cream butter and confectioners' sugar. Beat in flour (mixture will be crumbly). Pat into a greased 12-inch pizza pan. Bake at 300 degrees for 25–28 minutes or until lightly browned. Cool. In another mixing bowl, beat melted chips and whipping cream. Add cream cheese; beat until smooth. Spread over crust. Chill for 30 minutes. Arrange strawberries, blueberries and raspberries over filling. In a saucepan, combine sugar, cornstarch, pineapple juice and lemon juice; bring to boil over medium heat. Cook and stir for 2 minutes or until thickened. Cool; brush over top of the fruit. Chill 1 hour before serving. Store leftovers in the refrigerator.

Yield: 12–16 servings



Look for North Carolina blueberries this month at farmers markets, produce stands and groceries. The Blueberry Festival in Bladen County is June 2 in Ammons, and the N.C. Blueberry Festival is June 23 in Burgaw, Pender County (see page 45).

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com



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- Heavy Gauge Bracing
- Huge Sundeck
- Fence & Stairs
- Pool Ladder

\$888.00

The Mariner

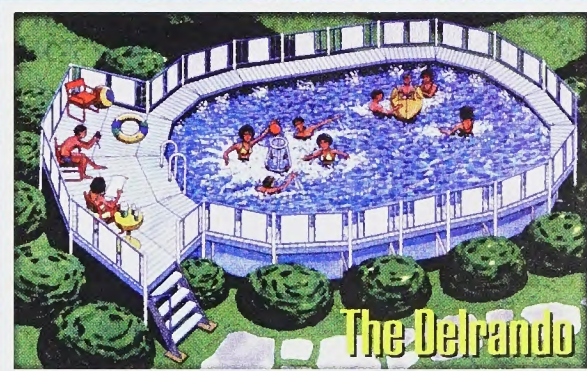
Brand New 15' x 24'
FAMILY SIZE OVAL POOL
31' X 19' Outside Dimension
Includes Sundeck,
Fence & Filter
Installation Extra

3 DAY INSTALLATION!



The Olympic

Many Shapes & Sizes Available



The Delrando

100% FINANCING!

WITH APPROVED CREDIT

Homeowners Call Now!

1-888-590-6466

FREE

\$1,200.00
Value

Installation Of Your
Olympic Or Delrando Pool
2007 Installation Only
Crown Pools
1-888-590-6466

Limited time Offer • 1st 20 Pools
Not Valid with Other Offers Or Prior Purchases

FREE

Starter Chemical Kit For Your
Olympic Or Delrando Pool
2007 Installation Only
Crown Pools
1-888-590-6466

Limited time Offer • 1st 20 Pools
Not Valid with Other Offers Or Prior Purchases

FREE

Pool Vacuum For Your
Olympic Or Delrando Pool
2007 Installation Only
Crown Pools
1-888-590-6466

Limited time Offer • 1st 20 Pools
Not Valid with Other Offers Or Prior Purchases

FREE BACKYARD SURVEY

No Obligation

We Won't Be Undersold!

ATTENTION!

ELECTRIC COOPERATIVE MEMBERS!

Here's a plan that can provide
CASH TO HELP WITH FINAL EXPENSES

Up to **\$35,000!***

* Selected maximums apply depending on age

Now you can have a life insurance plan to help cover your final expenses –
a plan which pays up to \$35,000 to help your family cover your last expenses – worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92)
Underwritten by Standard Life and Casualty Insurance Co

CLIP AND MAIL COUPON TODAY!

ACT NOW!

Peace of Mind
3700 Forest Drive Suite 205
Columbia, SC 29204

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

**MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION**

CC 06/07

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply